

<p>Meat</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 ½ lb lean stew meat, cut in 1 inch chunks <input type="checkbox"/> 2 lbs boneless pork loin roast, lean, all fat trimmed off <input type="checkbox"/> 4 lbs boneless, skinless chicken breasts <input type="checkbox"/> 6 boneless pork chops, 1/2 inch thick 	<p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> 3 large onions <input type="checkbox"/> 5 clove of garlic <input type="checkbox"/> 1 lb carrots cut up <input type="checkbox"/> 4 medium potatoes, cut in 1 inch cubes <input type="checkbox"/> Optional- bunch of celery
<ul style="list-style-type: none"> <input type="checkbox"/> beef bouillon or 2 cups beef stock <input type="checkbox"/> chicken bouillon <input type="checkbox"/> V-8 juice <input type="checkbox"/> Country Bob's All Purpose Sauce <input type="checkbox"/> 2 cans (4.25 oz each) diced green chiles <input type="checkbox"/> Chopped jalapeño <input type="checkbox"/> 10 oz can diced tomatoes and green chilies (Ro*Tel Mild) <input type="checkbox"/> 1 (24 oz) can whole peeled tomatoes, mashed <input type="checkbox"/> 1 (10 oz) can enchilada sauce <input type="checkbox"/> 1 can of corn, drained <input type="checkbox"/> 1 can of black beans, drained <input type="checkbox"/> 1 16oz jar of salsa <input type="checkbox"/> 1 (4 oz) can chopped green chile peppers <input type="checkbox"/> 1/2 cup fat-free low-sodium chicken <input type="checkbox"/> 1 (1oz) packet Ranch Dressing powder <input type="checkbox"/> cumin <input type="checkbox"/> Crumbled tortilla chips <input type="checkbox"/> cream (sour or Mexican) <input type="checkbox"/> shredded cheese (cheddar or Mexican mix) <input type="checkbox"/> 1 can cream of mushroom or chicken soup <input type="checkbox"/> 1 8oz brick of cream cheese <input type="checkbox"/> rice 	

