

# SHOPPING LIST

## CHECK YOUR PANTRY

- Vegetable oil spray
- Vegetable oil
- Extra-virgin olive oil
- Salt
- Sugar

These common items are used in this box!

## TACOS DE TINGA DE POLLO (CHICKEN TINGA TACOS)

- 8–10 (6-inch) corn tortillas
- 1 (8-ounce) can tomato sauce
- 1 teaspoon ground cumin
- ½ teaspoon smoked paprika
- ¼ teaspoon ground cinnamon
- ⅛–¼ teaspoon chipotle chile powder
- 1 onion
- 3 garlic cloves
- 1 lime
- 1½ pounds boneless, skinless chicken thighs



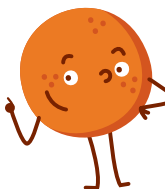
## VEGETABLE TACOS

- 8–10 (6-inch) corn tortillas
- 1 (15-ounce) can black beans
- 1 teaspoon ground cumin
- ½–1 teaspoon chili powder
- 1 lime
- 2 garlic cloves
- 1 zucchini
- ½ cups frozen corn

## DIY CORN TORTILLAS

- 2 cups (8 ounces) masa harina

Check out the [DIY Corn Tortillas recipe card](#) for more info on masa harina!



## CABBAGE SLAW

- 3 cups shredded green coleslaw mix
- 1 lime

## PICKLED RED ONIONS

- 1 cup white wine vinegar
- 1 small red onion
- 1 lime



## AWESOME AVOCADOS AND AMAZING ACIDS

- 1 ripe avocado
- 1 lemon

