

Freezer Cooking: Soup Edition – Grocery List

Broccoli Cheese Soup, Chicken Noodle Soup, Tomato Basil Parmesan Soup

Baking & Spices

Salt
Pepper
Oregano
Basil
½ cup + 2 Tblsp flour
dash of nutmeg
1/4 cup vegetable oil (or coconut oil)

Produce

2 bags of baby carrots (2 ½ to 3 cups needed)
1 Bunch of Celery (roughly 4-5 stalks needed)
2 large onions
2 cups broccoli
3 cups tomatoes* (or 2 14 oz cans diced tomatoes)

Dairy

2 cups shredded cheddar cheese
1 cup grated parmesan cheese
2 sticks butter (total of 13 tablespoons needed)

Pantry Items

2 14 oz cans diced tomatoes* (if not using 3 cups fresh tomatoes)
4 32 oz chicken broth containers (14 total cups needed)
¼ cup vegetable oil or coconut oil

Meat

2 cups cooked chicken

Misc.

1 Tblsp minced garlic
1 Tblsp lemon juice