



Master Shopping List: Week 1 Crocktober



Produce

- **Onions:** 6 medium (1 sliced thin, 1 in chunks, 1 diced, 3 total across other recipes)
 - **Garlic:** 5–6 cloves, minced (≈ 2 Tbsp + 1 extra clove)
 - **Red potatoes:** 1 ½ lbs small red potatoes
 - **Russet/other potatoes:** 2 lbs, cut into 1-inch chunks
 - **Celery:** 2 stalks, cut into 1-inch pieces
 - **Lemon:** 1, sliced
 - **Corn:** 4 ears fresh or frozen, cut into thirds
 - **Fresh parsley:** Small bunch, chopped (garnish/optional)
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Meat & Seafood

- **Round steak:** 2–3 lbs, cut into bite-sized pieces
 - **Kielbasa sausage:** 14 oz, cut into 1 ½-inch pieces
 - **Fresh shrimp:** 2 lbs, shells on
 - **Chicken thighs:** 3 lbs, boneless skinless
 - **Chicken breasts:** 2 lbs diced + 6 whole breasts (about 4–5 lbs total)
 - **Ground beef:** 2 lbs, browned
 - **Pork shoulder/butt roast:** 1 (6–8 lbs), bone-in or boneless
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Dairy / Refrigerated

- **Unsalted butter:** 4 Tbsp (½ stick)
 - **Salted butter:** ¼ cup (½ stick)
 - **Mozzarella cheese:** 2 cups, shredded
 - **Parmesan cheese:** ¼ cup grated (optional)
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Pantry / Seasonings / Baking

- **Italian dressing mix:** 1 packet
 - **Au jus mix:** 2 packets
 - **Ranch dressing mix:** 1 packet
 - **Old Bay seasoning:** ¼ cup
 - **Olive oil:** 2 Tbsp
 - **Kosher salt:** at least 2 tsp (plus to taste)
 - **Black pepper:** at least 1 tsp (plus to taste)
 - **Paprika:** ½ tsp
 - **Cayenne pepper:** 1/8–¼ tsp (optional)
 - **Canned fire roasted diced tomatoes:** 1 (14.5 oz) can
 - **Canned diced tomatoes:** 1 (14.5 oz) can
 - **Canned diced green chiles:** 1 (4 oz) can
 - **Kidney beans:** 1 (15 oz) can, rinsed & drained
 - **Pinto beans:** 1 (15 oz) can, rinsed & drained
 - **Canned corn:** 1 (17 oz) can, undrained
 - **Beef broth:** 2 cups low-sodium
 - **Beef stock:** 14.5 oz, unsalted
 - **Taco seasoning:** 1 packet
 - **Salsa:** ¼–½ cup
 - **Barbecue sauce:** 1 (12 oz) bottle + 1 cup (for pork) + extra for serving
 - **Italian salad dressing:** ½ cup
 - **Brown sugar:** ¼ cup
 - **Horseradish:** 1 tsp
 - **Worcestershire sauce:** 2 Tbsp
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Liquids

- **Water:** 4 cups + ¼ cup (or substitute beer/apple juice in recipes)
 - **Beer:** 1 can (optional)
 - **Apple juice:** ¼ cup (optional, for pork)
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Condiments / For Serving

- **Cocktail sauce:** For shrimp
- **Buns** (if you want to serve pulled pork or BBQ Chicken in sandwiches)
- **Peperoncini peppers:** ½ cup sliced OR 6 whole peppers + ¼ cup juice