

CNP Meat Sauce Recipes Grocery List

All listed prices are approximate, based on listed prices in winter of 2023.

Ingredient	Amount	Cost
Produce		
Onion	1 medium	\$0.62
Russet potatoes	4 medium	\$3.68
Garlic	1 bulb	\$0.55
Refrigerator		
Lean ground meat	4 lbs	\$15.05
Plain greek yogurt	5.3 oz	\$0.64
Shredded low-fat cheddar cheese	7 oz	\$2.22
Pantry		
Nonstick spray	8 oz	\$2.28
Tomato paste	6 oz	\$0.88
Tomato sauce	30 oz	\$1.76
Tomato sauce	8 oz	\$0.44
Jarred salsa	16 oz	\$2.12
Can of beans	1 15 oz can	\$1.82
Whole wheat spaghetti	16 oz box	\$1.43
Whole wheat macaroni	16 oz box	\$1.43
Refried beans	1 16 oz can	\$1.00
Pinto beans	2 15 oz cans	\$1.56
Diced tomatoes	2 15 oz cans	\$1.76
Tortillas	8 count	\$2.24
Corn	1 15 oz can	\$0.50
Spices		
Salt	4.4 oz	\$1.20
Pepper	3 oz	\$3.12
Italian seasoning	.95 oz	\$1.00
Total		\$47.30



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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