

## Shopping List for Slow Cooker Saviours (Aldi - Nov 23)

[www.tamingtwins.com](http://www.tamingtwins.com)

Sweet potatoes (1kg)	£	1.09
Everyday essentials brown onions (1kg, you will need 6 onions for the recipe)	£	0.55
Essentials Carrots (1.5kg)	£	0.60
Whole Swede (600g)	£	0.62
Celery	£	0.57
Natures pick Garlic (4 bulbs)	£	0.65
Fresh Basil (30g)	£	0.52
Fresh Parsley (30g)	£	0.52
Chicken thighs (900g)	£	5.19
Lean beef mince (750g)	£	4.99
Lean beef mince (500g)	£	3.49
Diced beef cubes (700g)	£	6.49
Diced beef cubes (400g)	£	4.19
Smoked bacon lardons (200g)	£	1.99
Crème fraiche (300g)	£	0.99
Everyday Essentials Chopped tomatoes (390g tin)	£	0.35
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Everyday Essentials Red Kidney Beans (400g tin)	£	0.33
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Chickpeas (400g tin)	£	0.55
Coconut Milk (400g tin)	£	0.79
Tomato Puree	£	0.59
Tomato Puree	£	0.59
Dark Chocolate (200g)	£	0.99
Crunchy peanut butter (280g jar)	£	1.15
Red Wine (18.7cl bottle)	£	1.65
Harpers Golden Ale (500ml)	£	1.39
<b>TOTAL</b>	<b>£</b>	<b>42.56</b>
27 portions =	£	1.58

### Storecupboard:

(Check you have these)

Sunflower oil

Sea Salt

Freshly ground black pepper

Garlic granules

Dried oregano

Dried thyme

Ground cumin

Ground ginger

Ground coriander

Bay leaves

Chili flakes

Cayenne pepper

Chicken stock cube

6 x Beef stock cubes

Worcestershire Sauce

Wholegrain mustard

Plain flour