

Thai Caliente

Complete Shopping list for these recipes: [Veracruz Style Fish](#), [Spicy Thai Burger](#), [Tofu and Veggie Stir Fry](#), [Salsa Chicken Flautas](#), [Carne Asada Fries](#).

Meat and Seafood

- ☐ **Tilapia Filets:** 4 filets (or any white flaky fish)
- ☐ **Ground Beef or Turkey:** 1 lb
- ☐ **Steak for Carne Asada:** 2 lbs (Flank or skirt steak)
- ☐ **Chicken:** Approx. 1 lb (to make 2 cups shredded)

Produce

- ☐ **Broccoli:** 1 cup florets
- ☐ **Mushrooms:** 1/2 cup sliced
- ☐ **Carrots:** 2 large
- ☐ **Bell Pepper:** 1 (any color)
- ☐ **Cucumber:** 1
- ☐ **Garlic:** 1 bulb
- ☐ **Cilantro:** 2 bunches
- ☐ **White Onion:** 1 large
- ☐ **Jalapeños:** 3–4
- ☐ **Thai Birds Eye Chili:** 1 (optional)
- ☐ **Banana Peppers or Anaheim Chilies:** 2
- ☐ **Avocados:** 2–3
- ☐ **Limes:** 2–3
- ☐ **Lettuce:** 1 head
- ☐ **Green Chilis:** 4-ounce can

Dairy

- ☐ **Shredded Cheese:** 1 cup (Mexican blend)
- ☐ **White American cheese:** 12 ounces
- ☐ **Evaporated Milk:** 1 can (12 ounces)
- ☐ **Sour Cream:** Optional (for topping)
- ☐ **Butter:** Optional (for buns)

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Pantry Items

- ☐ **Extra Firm Tofu:** 1 block
- ☐ **Flour Tortillas:** 8 count (Fajita size)
- ☐ **Burger Buns:** 1 pack (4 count)
- ☐ **Frozen Waffle Fries:** 24 oz bag
- ☐ **Canned Diced Tomatoes:** 14.5 oz can
- ☐ **Salsa:** 1 jar (Red or green)
- ☐ **Spanish Olives:** 1 small jar
- ☐ **Capers:** 1 small jar
- ☐ **Soy Sauce:** Low sodium
- ☐ **Honey or Brown Sugar:** Small amount
- ☐ **Rice Vinegar:** 1 bottle
- ☐ **Mayonnaise:** 1 jar (need 2 tbsp)
- ☐ **Sweet Chili Sauce:** 1 bottle (need 2 tbsp)
- ☐ **All-Purpose Flour:** 2 tbsp
- ☐ **Cooking Oil**
- ☐ **Sesame Oil:** 1 tbsp
- ☐ **Pickle Juice:** Optional

Seasonings

- ☐ **Salt**
- ☐ **Black Pepper**
- ☐ **Sesame Seeds:** Optional
- ☐ **Sriracha or Chili Oil:** Optional