

Quick & Easy Crustless Mexican Quiche Grocery Shopping List

Meat

1-pound ground beef, or ground turkey

Produce (Veggies & Fruits)

1 small onion

4 green onions

1 small jalapeno pepper

Dairy

16 ounces whole milk or carton half and half

16 ounces sour cream, or Mexican crema

4 eggs

Refrigerated

8-ounce bag Mexican shredded cheese blend

Canned Goods

16-ounce can refried beans (Mexican section)

1 jar chunky salsa (need 8-ounces)

Baking & Spices

1 box Bisquick baking mix

salt

pepper

red pepper flakes

cumin

chili powder

dried minced onions

General Merchandise

9 or 10-inch deep dish pie plate, or 9-inch square baking pan