

# SHOPPING LIST

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
1KG NEW POTATOES	£1.20	£1.09	£0.89	£0.85	£1.25
SWEDE	£0.63	£0.62	£0.62	£0.62	£0.65
2 X BUTTERNUT SQUASH	£2.20	£2.30	£2.70	£3.00	£2.70
1KG ONIONS	£0.99	£0.99	£0.99	£0.80	£0.99
1KG CARROTS	£0.55	£0.49	£0.69	£0.69	£0.69
500G PARSNIPS	£0.55	£0.55	£0.75	£0.75	£0.55
GARLIC	£0.95	£0.95	£0.75	£0.95	£1.00
CHILLIES	£0.60	£0.60	£0.45	£0.65	£0.59
CHERRY TOMATOES	£0.69	£0.69	£0.69	£1.00	£0.69
MUSHROOMS	£1.05	£0.89	£0.80	£1.25	£0.95
PARSLEY	£0.52	£0.59	£0.60	£0.52	£0.70
800G DICED BEEF	£9.20	£5.98	£8.70	£9.20	£9.00
500G PORK LOIN	£4.13	£3.50	£3.49	£3.21	£3.20
400G CHICKEN BREASTS	£3.00	£2.99	£2.99	£3.75	£3.50
500G COOKING BACON	£1.00	£1.45	£1.45	£1.00	£1.00
500G BONELESS CHICKEN THIGHS	£3.00	£3.99	£3.50	£3.00	£4.50
250G CHORIZO	£2.50	£1.89	£2.50	£2.50	£2.50
DOUBLE CREAM	£1.05	£1.05	£1.35	£1.19	£1.35
6 EGGS	£1.30	£0.99	£1.50	£1.50	£1.50
GRANA PEDANO	£1.79	£2.05	£2.50	£3.00	£3.50
CHICKEN STOCK CUBES	£1.00	£0.65	£0.65	£1.00	£1.00
BEEF STOCK CUBES	£1.00	£0.65	£0.65	£1.00	£1.00
TOMATO PUREE	£0.59	£0.59	£0.75	£0.59	£0.80
PLAIN FLOUR	£0.75	£0.79	£0.75	£0.79	£1.65
CHOPPED TOMATOES	£0.39	£0.35	£0.47	£0.39	£0.47
ARBORIO RICE	£2.95	£2.49	£1.90	£2.40	£2.50
CORNFLOUR	£2.50	£1.69	£3.00	£2.50	£1.25
PAPRIKA	£1.00	£0.69	£1.00	£1.90	£1.10
SAGE	£1.00	£1.65	£1.00	£1.10	£1.00

THYME	£2.00	£0.59	£0.90	£1.10	£1.09
MIXED HERBS	£1.00	£0.59	£0.60	£1.10	£1.00
BAY LEAVES	£1.00	£0.65	£0.45	£0.40	£0.39
CHICKEN SEASONING	£0.40	£0.85	£0.45	£0.45	£0.45
<b>TOTAL</b>	<b>£52.48</b>	<b>£45.88</b>	<b>£50.48</b>	<b>£54.15</b>	<b>£54.51</b>

**OR £39.77 ACROSS ALL FIVE SUPERMARKETS**