Here is a quick reference list of items that are "fast-friendly."

Kroger Black Beans, Pinto Beans, Crisp Golden Corn (No Sugar Added), and Green Beans

Private Selection Organic Great Northern Beans Kroger Tomato Paste Kroger Peeled Tomato in Juice

Hunts 100% Natural Diced Fire Roasted Tomato with Garlic

The Silver Palate San Marzano Blend Tomato and Basil Spaghetti Sauce Newman's Own Garden Pepper Spaghetti Sauce Kroger Natural Creamy Peanut Butter

Newman's Own Olive Oil and Vinegar Salad Dressing

Kitchen Business Vegetable Cooking Stock Pacific Natural Foods Spicy Black Bean Soup Pace Picante Mild Salsa

Red Gold Tomato Juice Kroger Salad Rotini Whole Wheat Whole Grain

Uncle Ben's Whole Grain Rice Kroger No Sugar Added Applesauce Kroger Natural Popcorn Sabra Roasted Red Pepper Hummus