

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- Yellow Onion - 2.5 large
- Green Bell Pepper - 1 count
- Mushrooms - 1 cup
- Garlic - 1.5 heads
- Lemons - 2.5 large
- Roma or Fresh Beefsteak or Heirloom Tomatoes - 1.5 pounds
- Fresh Basil - 0.25 cups
- Green onions - 2 count
- Carrots - 0.5 cups
- Peas - 0.5 cups
- Sweet Potatoes - 1.75 pounds
- Carrot - 1 count
- Celery - 1 stick
- Fresh Rosemary - 1 sprig
- Fresh Thyme - 1 sprig

MEAT/ PROTEIN

- Boneless Chicken Thighs - 4 count
- Cooked chicken - 1 cup
- Ground Beef - 1 pound
- Bone-in Chicken Thighs - 4 count

DAIRY/ EGGS

- Eggs - 2 each
- Butter - 2 tbsp

PANTRY

- Salt - 3 tsp
- Black Pepper - 3 tbsp
- Olive Oil - 5.5 tbsp
- Tomato Paste - 4 tbsp
- Chicken Broth - 2.5 cups
- Crushed Tomatoes - 28 ounces
- Diced Tomatoes - 14 ounces
- Italian Seasoning - 1.25 tsp
- Garlic powder - 0.5 tsp
- Onion powder - 0.5 tsp
- Cayenne pepper - 0.25 tsp
- Kosher Salt - 1 tsp
- Vegetable or Chicken Broth - 2 cups
- Avocado oil - 1 tbsp
- Cooked white rice - 2 cups
- Soy sauce - 2 tbsp
- Coconut aminos - 1 tbsp
- Oyster sauce - 1 tbsp
- Sriracha - 1 tsp
- Paprika - 0.5 tsp
- Beef Broth - 1.33 cups
- Nutmeg - 0.5 tsp
- Flour - 1 tbsp