

real food WITH

EASY EVERYDAY RECIPES

Sarah

PRODUCE

- Garlic - 7 cloves
- Cranberries - 2 cups
- Orange - 1 large
- Fresh Rosemary - 1 sprig
- Onion - 2 count
- Carrots - 2 count
- Celery - 2 stalks
- Fresh thyme - 2 sprigs
- Red Onion - 1 count
- Red Pepper - 1 count
- Broccoli Florets - 2 cups
- Yellow Onion - 1 count
- Red bell pepper - 1 each
- Fresh Thai basil leaves - 1 cup

MEAT/ PROTEIN

- Bone-in Skin-on Chicken Thighs - 4 count
- Beef stew meat - 1 pound
- Italian Chicken Sausage - 1 package
- Lean ground beef - 1 pound

DAIRY/ EGGS

- Butter - 2 tbsp
- Whole Milk - 1.5 cups
- Parmesan Cheese - 0.25 cups
- Shredded Mozzarella Cheese - 1.25 cups

PANTRY

- Salt - 3 tsp
- Black Pepper - 5 tsp
- Honey - 3 tbsp
- Cinnamon - 0.5 tsp
- Balsamic Vinegar - 2 tbsp
- Olive oil - 4 tbsp
- Tomato paste - 3 tbsp
- Worcestershire sauce - 1 tbsp
- Bay leaf - 1 count
- Pearl barley - 0.75 cups
- Crushed Tomatoes - 56 ounces
- Italian Seasoning - 1 tsp
- All-Purpose Flour - 2 tbsp
- Soy sauce - 2 tbsp
- Oyster sauce - 1 tbsp
- Fish sauce - 0.5 tsp
- Beef broth - 6 cups

BREAD/STARCH

- Jasmine rice - 1 cup
- Penne or Ziti Pasta - 16 ounces
- White Rice - 1 cup