

# real food<sup>WITH</sup> Sarah

EASY EVERYDAY RECIPES

## PRODUCE

- Yellow onion - 2 count
- Carrots - 4.5 count
- Celery stalks - 4 count
- Zucchini - 1 count
- Garlic cloves - 10 cloves
- Fresh thyme - 7 sprigs
- Fresh rosemary - 2 sprigs
- Lemon - 0.5 count
- Ginger, grated - 1 tsp
- Shallot - 1 small
- Butternut Squash - 2 cups
- Pineapple - 2 cups
- Jalapeño Pepper - 1 each
- Avocados - 2 each
- Lime - 1 each
- Cilantro - 0.25 cup

## MEAT/ PROTEIN

- Bone-in chicken thighs - 2 pounds
- Boneless skinless chicken thighs - 4 count
- Bone-in Beef Short Ribs - 3 pounds
- Chicken breasts - 1 pound

## DAIRY/ EGGS

- Butter - 1 tbsp
- Gouda - 0.5 cup
- Parmesan - 0.5 cup
- Sharp cheddar - 1 cup
- Milk - 0.75 cup

## PANTRY

- Extra virgin olive oil - 4 tbsp
- Salt - 1 count
- Black pepper - 2.5 tsp
- Turmeric - 0.5 tsp
- Bay leaf - 3 count
- Chicken broth - 4.75 cups
- Coconut aminos or low-sodium soy sauce - 0.33 cups
- Tomato paste -
- Apple cider vinegar - 1 tsp
- Brown sugar - 1 tbsp
- Honey - 1 tbsp
- Red pepper flakes - 0.5 tsp
- Paprika - 1.5 tsp
- Nutmeg - 0.25 tsp
- Barbecue Sauce - 0.5 cup
- Kosher Salt - 1 count
- Flour - 0.25 cups
- Red wine -

## BREAD/STARCH

- Corn Tortillas - 1 each
- Orzo - 0.75 cups
- Short pasta - 12 ounces