

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- Garlic - 7 cloves
- Sweet Onion - 1 large
- Cherry tomatoes - 0.5 cups
- Fresh spinach - 1.5 cups
- Fresh basil - 1 bunch
- Garlic Cloves - 2 cloves
- Fresh Rosemary Leaves - 2 sprigs
- Scallions - 3 count
- Ginger - 2 tsp
- Fresh cilantro - 1 tbsp
- Yellow onion - 2 count
- Lime - 1.5 count
- Chopped cilantro - 1 count
- Carrots - 2 each
- Celery - 2 sticks
- Fresh Parsley - 2 tablespoons
- Honeycrisp or Gala apples - 1 count
- Baby potatoes - 1.5 pounds
- Zucchini - 2 count

MEAT/ PROTEIN

- Boneless, skinless chicken thighs - 1.5 pounds
- Boneless Pork Chops - 3 each
- Ground chicken - 1 pound

DAIRY/ EGGS

- Heavy cream - 0.5 cups
- Parmesan Rind - 1 each
- Grated Parmesan Cheese - 1 cup
- Butter - 1 tablespoon

PANTRY

- Olive oil - 8 tbsp
- Black Pepper - 3 to taste
- Red pepper flakes - 0.5 tsp
- Salt - 3.75 tsp
- Italian seasoning - 1 teaspoon
- Tomato paste - 4 tbsp
- Chicken broth - 6 cups
- Honey - 4 tbsp
- Soy sauce - 4 tbsp
- Chicken or Vegetable Broth - 6 cups
- Balsamic vinegar - 5 tablespoons
- Dijon mustard - 2 tablespoons
- Green curry paste - 1 tablespoon
- Vodka - 0.25 cups
- White Wine or Chicken Broth - 0.5 cup

BREAD/STARCH/PASTA

- Orzo - 1 cup
- Rice noodles - 10 ounces
- Pastina Pasta - 1 cup