

# real food<sup>WITH</sup>

EASY EVERYDAY RECIPES

## Sarah

### PRODUCE

- Yellow onion - 3 count
- Carrots - 2 count
- Celery stalks - 2 count
- Garlic - 9 cloves
- Fresh basil - 0.25 cups
- Fresh thyme - 3 sprigs
- Ginger - 0.5 tablespoon
- Coleslaw mix - 2 cups
- Lime - 0.5 count
- Avocados - 1 each
- Cilantro - 1 tablespoon
- Pesto - 0.5 cups
- Fresh parsley - 1 bunch

### MEAT/ PROTEIN

- Flank, sirloin, or skirt steak - 1 pound
- Chicken breasts - 4 each
- Boneless, skinless chicken thighs or breasts - 1 pound
- Boneless chuck roast - 3 pounds

### DAIRY/ EGGS

- Unsalted butter - 1 tbsp
- Eggs - 2 each
- Parmesan cheese - 1.25 cups
- Mozzarella cheese - 8 ounces
- Freshly grated Parmesan cheese - 1 cup
- Parmesan rind - 1 each

### PANTRY

- Extra virgin olive oil
- Salt
- Black pepper
- Crushed San Marzano tomatoes - 28 ounces
- Coconut aminos or soy sauce - 0.25 cups
- Rice vinegar - 0.5 tablespoon
- Brown sugar - 1 tablespoon
- Sriracha - 2 tablespoons
- Flour - 0.5 cups
- Plain breadcrumbs - 1 cup
- Cooking spray - 1 count
- Marinara sauce - 2 cups
- Tomato paste - 4 tbsp
- Balsamic vinegar - 2 tbsp
- Italian seasoning - 1 tsp
- Jamaican curry powder - 2 tbsp
- Paprika - 2 tsp
- Cayenne pepper - 0.5 tsp
- Adobo seasoning - 1 tsp
- Dried Italian seasoning - 1 tsp
- Bay leaves - 2 each
- Red wine

### BREAD/STARCH/PASTA

- Corn or flour tortillas - 1 count
- Sub or hoagie rolls - 4 count