

real food^{with} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- Garlic – 2 heads
- Yellow onion – 2
- Bell peppers – 3
- Roma or heirloom tomatoes – 1.5 pounds
- Baby gold or red potatoes – 1 pound
- Fresh green beans – 8 ounces
- Broccoli – 2 cups
- Shallot – 1
- Lemon – 1
- Fresh basil – ¼ cup
- Fresh parsley – ⅓ cup
- Fresh ginger – 1 tablespoon

MEAT/ PROTEIN

- Chicken breasts or thighs – 1 pound
- Ground turkey – 1 pound
- Sirloin steak – 1 pound
- Shrimp – 1 pound

DAIRY/ EGGS

- Butter – 6 tablespoons
- Shredded Mexican cheese blend – 1.5 cups

PANTRY

- Olive oil – 4 tablespoons
- Kosher salt
- Black pepper
- Garlic powder – 1 teaspoon
- Onion powder – ½ teaspoon
- Smoked paprika – 1 teaspoon
- Chili powder – 1 teaspoon
- Cumin – 1 teaspoon
- Oregano – ½ teaspoon
- Coconut aminos or soy sauce – ¼ cup
- Sesame oil – 2 teaspoons
- Honey – 1 tablespoon
- Apple cider vinegar – 1 teaspoon
- Fire-roasted tomatoes – 15 ounces
- Diced green chiles – 4 ounces
- Long-grain white rice – ¾ cup
- Vegetable or chicken broth – 3.5 cups
- White wine – ½ cup
- Angel hair pasta – 8–10 ounces
- Sesame seeds – 1 teaspoon
- Red pepper flakes – ½ teaspoon
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