

# real food WITH

EASY EVERYDAY RECIPES

## Sarah

### PRODUCE

- Yellow onions — 2 medium
- Garlic — 6 cloves
- Cremini or white mushrooms — 8 ounces
- Fresh parsley — 2 tablespoons
- Green onions — 2
- Carrots — 1/2 cup
- Peas — 1/2 cup
- Red bell pepper — 1
- Fresh Thai basil leaves — 1 cup

### MEAT/ PROTEIN

- Ground beef — 2 pounds
- Thin-sliced chicken breasts — 4 pieces
- Cooked chicken — 1 cup
- Boneless skinless chicken thighs — 4 count

### DAIRY/EGGS

- Full-fat Greek yogurt — 1 cup
- Eggs — 4
- Parmesan cheese — 1/2 cup

### PANTRY

- Wide egg noodles — 8 ounces
- Olive oil — 4 tablespoons

- Tomato paste — 2 tablespoons
- Worcestershire sauce — 1 tablespoon
- Beef broth — 1 cup
- Dijon mustard — 1 tablespoon + 1 teaspoon
- Panko breadcrumbs — 1/2 cup
- Cooked white rice — 2 cups
- Soy sauce — 4 tablespoons
- Coconut aminos — 1/3 cup
- Oyster sauce — 2 tablespoons
- Apple cider vinegar — 1 teaspoon
- Honey — 5 teaspoons
- Jasmine rice — 1 to 2 cups dry
- Salt — 2 teaspoons
- Black pepper — 1 teaspoon
- Paprika — 1 1/2 teaspoons
- Garlic powder — 1 teaspoon
- Italian seasoning — 1 teaspoon
- Sriracha — 1 teaspoon
- Fresh ginger — 1 teaspoon
- Red pepper flakes — 1/2 teaspoon
- Cooking spray

### ALCOHOL

- Dry red or white wine — 1 cup