

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- Yellow onion — 1.5 (1 for casserole, 1/2 for teriyaki bowls)
- Bell peppers — 3
- Broccoli — 1 small head
- Scallions — 2
- Shallot — 1
- Garlic — 9 to 10 cloves
- Fresh ginger — 1 inch piece
- Lemon — 1
- Fresh parsley — 1/4 cup chopped
- Cilantro — for serving (optional)
- Lime — 2 to 3
- Purple cabbage or slaw mix — 2 to 3 cups
- Avocado — 1 to 2

MEAT/ PROTEIN

- Ground turkey — 1 pound
- Lean ground beef — 1.5 pounds
- Chicken leg quarters — 4 pieces
- Raw shrimp — 1 pound (peeled and deveined)
- Cod fillets — 1.5 pounds

DAIRY/EGGS

- Butter — 2 tablespoons
- Shredded Mexican cheese blend — 1.5 cups

- Low-fat Greek yogurt — 1/2 cup

PANTRY

- Angel hair pasta — 8 to 10 ounces
- Long-grain white rice — 3/4 cup dry (plus 2 to 3 cups cooked for serving)
- Small corn or flour tortillas — 8 count
- Olive oil — 4 tablespoons
- Salt
- Black pepper
- Smoked paprika — 2.5 teaspoons
- Chili powder — 2.5 teaspoons
- Garlic powder — 4 teaspoons
- Cumin — 1 teaspoon
- Oregano — 1/2 teaspoon
- Fire-roasted tomatoes — 15 ounces (1 can)
- Diced green chiles — 4 ounces (1 can)
- Chicken or beef broth — 1.5 cups
- White wine or broth — 1/2 cup
- Red pepper flakes — 1/2 teaspoon
- Cayenne pepper — 3/4 teaspoon
- Onion powder — 1 teaspoon
- Brown sugar — 1 tablespoon
- Barbecue sauce — 1/2 cup
- Coconut aminos or soy sauce — 1/2 cup
- Honey — 1 tablespoon

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- Apple cider vinegar — 1 teaspoon
- Hot sauce — 1/2 to 1 tablespoon
- Sesame seeds — for serving
(optional)