

4/12 Shopping List

Bakery & Bread

- 4 Tortilla Shells 10" or 12"

Baking

- 1 Tablespoon (8g) cornmeal
- 2 tbsp. plain flour
- Thinly sliced green onions, shredded carrots, kimchi and sesame seeds for serving
- 2 tbsp cornflour cornstarch in USA
- 1 tbsp. sugar
- 2 tbsp soft brown sugar

Beverages

- 435 g (15 oz) can of chopped pineapple in juice
- ¼ cup pineapple juice (no sugar added)

Canned & Packaged

- 15 oz black beans canned, rinsed & drained
- guacamole, salsa, cilantro leaves, salsa verde, sour cream, black beans, rice, tortillas, cilantro-lime rice, sautéed corn, tomatoes, lettuce, shredded cheese, etc.
- 1 cup Rao's Pasta Sauce (see notes)
- Taco shells or taco bowls optional

Cheese

- 2/3 cup (70g) shredded smoked gouda cheese
- 2 cups grated mozzarella cheese (more or less to taste)
- 2/3 cup (70g) shredded mozzarella cheese
- 50 g freshly grated Parmesan
- 1/2 cup grated Parmesan (more or less to taste)

Condiments & Oils

- 3 tbsp oil
- 1 tablespoon oil (high heat)
- 2 tbsp. toasted sesame oil
- 2 tbsp. extra-virgin olive oil
- 1/4 cup olive oil
- 2 T olive oil for browning meat and veggies
- 1/3 cup + 2 Tablespoons (130g) your favorite BBQ sauce
- 2 tablespoons Worcestershire sauce
- 3 tbsp dark soy sauce

- 1 tbsp. soy sauce
- sriracha add some to give the dish a little kick of heat
- Balsamic glaze, for drizzling
- 1/4 c. rice vinegar

Dairy & Eggs

- 2 tbsp. butter
- 480 ml milk
- Garnishes: Fresh cilantro, shredded cheese, avocado, tomatoes, sour cream or pico and salsa

Herbs & Spices

- 1 tsp chili powder
- 2 teaspoon EACH: ground cumin AND chili powder (or more to taste)
- ½ teaspoon EACH: black pepper AND red pepper flakes (or more to taste)
- ¼ cup chopped cilantro
- coriander (cilantro)
- optional: chopped fresh cilantro for topping
- 2 cloves, crushed
- 1 tsp cumin
- 1 tsp minced ginger
- 1 tsp oregano (or Mexican oregano if you have it)
- 1 teaspoon EACH: kosher salt AND smoked paprika
- 1 tbsp. freshly chopped parsley
- salt and fresh ground black pepper to taste to season meat
- Freshly ground black pepper
- (various) salt / pepper
- Salt

Meat

- 1 lb. beef top round, cut against grain into very thin 2"-long slices
- 1 ½ - 2 pounds skirt or flank steak
- 450 g sirloin steak
- 1 pound ground beef
- 1 cup chopped or shredded cooked chicken (about one 8-ounce breast)
- 3 chicken breasts (approx 525 g/1.1 lbs altogether) chopped into bitesize chunks
- 1 lb ground chicken
- 19.5 oz pkg. turkey or pork Italian sausage (hot or mild, but I prefer hot)

Pasta & Grain

- 350 g fettuccine
- boiled Rice
- 6 c. cooked white rice, hot

Produce

- 2-3 bell peppers, thinly sliced (any color you please!)
- 6 red or green bell peppers, or a mixture of colors
- 1 seedless (English) cucumber, thinly sliced
- 12 oz. medium shiitake mushrooms, stemmed
- 1 tablespoon minced garlic
- 2 cloves garlic peeled and minced
- 3 cloves garlic, crushed with press
- ½ cup lime juice
- 1 small onion, diced
- 1 onion peeled and chopped into wedges
- 2 medium white onions, sliced
- 1/2 small red onion, thinly sliced
- 1 yellow onion diced
- 1 red bell pepper chopped into chunks
- 1/3 c. Korean red pepper paste (gochujang)
- 1 jalapeno pepper cored and diced
- 1 large poblano, ribs and seeds removed then sliced
- 120 g baby spinach
- 5 oz. baby spinach
- 300 g halved cherry tomatoes
- 1 tbsp tomato puree paste for US

Refrigerated

- 1/2 recipe homemade pizza dough (or 1 lb. store-bought pizza dough)