



## Meal Ideas from Cookie Named Desire

### Shakshuka

Seared Chicken Sweet Potato Mash

Chicken Taco Soup

Cheesy Turkey Stuffed Peppers

Black Bean Burgers

### Produce

- onion (1, sweet or red) (1 yellow) (1/2) (1/2) (1/4 red)
- garlic cloves (3) (2) (2) (1)
- eggplant (1 large)
- poblano peppers (3)
- portebello mushroom (2 large) (4)
- sweet potatoes (3)
- corn (15 oz)
- bell peppers (6)
- lime (1 for zest)

### Spices

- paprika (2 t)
- cumin (1 t)
- crushed red pepper (1 t) (1/4 t)
- taco seasoning (3 1/2 T)
- oregano (1 t)
- basil (1/2 t)
- crushed dried chipotle (4 t)

### Herbs

- parsley (1 bunch)

### Dairy

- eggs (3 large) (1, optional)
- piave cheese (2 oz or parmigiano reggiano)
- milk (2 1/2 C)
- sharp cheddar (8 oz) (1 C) (4 oz)

### Pasta & Grains

- rice or quinoa (1/2 C uncooked)

### Meat

- boneless skinless chicken breasts (4) (1 lbs)
- ground turkey (1/2 lbs)

### Bread & Tortillas

- burger buns (4)

### Pantry Items

- olive oil (2 T) (5 T) (2 T) (3 T)
- crushed tomatoes (28 oz)
- balsamic vinegar (1/3 C)
- all-purpose flour (2 T) (1/2)
- maple syrup (1 1/2 T)
- black beans (15 oz) (30 oz)
- fire roasted diced tomatoes (15 oz)
- petite diced tomatoes (14 oz)
- adobo sauce (4 t)
- broth (2-3 C) (1 1/4 C)