

October 12 - 16 Shopping List

Shopping List:

Protein

- ☐ 2 lb 85/15 lean ground beef (Chili)
- ☐ 4 (7–8 oz) bone-in, skin-on chicken thighs, trimmed and patted dry (Thighs)
- ☐ 6 slices Black Forest ham (Sami)
- ☐ 1¼ lb boneless lamb shoulder roast, trimmed and cut into 2-inch pieces (Tacos)

Dairy

- ☐ 1/2 (8-ounce) wedge Brie cheese, sliced (Sami)
- ☐ Crumbled feta cheese (Tacos)
- ☐ Plain whole-milk Greek yogurt (Tacos)
- ☐ Sour cream (Chili)
- ☐ Shredded Cheddar cheese (Chili)

Grains

- ☐ 8 6-inch flour tortillas (Tacos)
- ☐ 4 (½-inch thick) slices Italian bread (Sami)
- ☐ 3 cups cooked and cooled long-grain white rice (Mango Bowl)

Produce

- ☐ 2 white onions, diced (about 3 cups), plus more for garnish (Chili)
- ☐ 7 cloves garlic total (Tacos, Chili)
- ☐ 2 large jalapeño chiles, seeded if desired (Chili)
- ☐ 1½ lb baby new potatoes (Thighs)
- ☐ 1 medium lemon, zested and halved (Thighs)
- ☐ 2½ Tbsp fresh lime juice, from 2 limes (Mango Bowl)
- ☐ 1 Tbsp chopped fresh dill (Thighs)
- ☐ 6 cups sliced napa cabbage, from 1 head (Mango Bowl)
- ☐ 2 large mangoes, peeled and chopped (Mango Bowl)
- ☐ 2 small Persian cucumbers, sliced (Mango Bowl)
- ☐ 1 cup cooked and shelled frozen edamame, thawed (Mango Bowl)
- ☐ Chopped fresh cilantro (Mango Bowl)

- ☐ Chopped fresh mint (Tacos)
- ☐ Pomegranate arils (Tacos)
- ☐ Sliced scallions (Chili)
- ☐ Broccoli or asparagus (Thighs, optional)

Spices

- ☐ 4 tsp kosher salt total (Tacos, Thighs, Chili)
- ☐ 1 tsp ground black pepper total (Tacos, Thighs)
- ☐ 1½ tsp ground cumin (Chili)
- ☐ 1 (1¼-oz) envelope chili seasoning mix (Chili)

Pantry

- ☐ 5½ Tbsp olive oil total (Thighs, Mango Bowl, Sami)
- ☐ 3 Tbsp canola oil (Tacos)
- ☐ 3 Tbsp soy sauce, divided (Mango Bowl)
- ☐ ¼ cup tahini (Mango Bowl)
- ☐ 2 tsp pure maple syrup (Mango Bowl)
- ☐ 1 Tbsp honey (Thighs)
- ☐ 3 Tbsp mole paste (Chili)
- ☐ 5½ cups beef stock total (Chili, Tacos)
- ☐ 1 (15-oz) can crushed tomatoes (Chili)
- ☐ 1 (12-oz) bottle lager beer (Chili)
- ☐ 3 Tbsp masa flour (Chili)
- ☐ 2 Tbsp apricot preserves (Sami)
- ☐ 1 Tbsp Dijon mustard (Sami)