SHOPPING List

PRODUCE

- [ ] 1 red onion (1)
- [ ] cherry tomatoes (2 cups) (1)
- [ ] broccoli (2 heads) (2)
- [ ] garlic (11 cloves) (2, 3)
- [ ] ginger (3 inches) (2, 3)
- [ ] 1 onion (3)
- [ ] 2-3 carrots (3)
- [ ] 15 baby potatoes (3)
- [ ] green beans (2 handfulls) (3)
- [ ] lemon (3)

PANTRY

- [ ] enchilada sauce (2 cups) (1)
- [ ] green chiles (2 4.3 oz cans) (1)
- [ ] black beans (2 15 oz cans) (1)
- [ ] corn kernels (2 11.5 oz cans) (1)
- [ ] quinoa (2 cups) (1)
- [ ] olive oil (2, 3)
- [ ] rice (3 cups) (2)
- [ ] honey (2)
- [ ] reduced sodium soy sauce (2)
- [ ] sesame oil (2)
- [ ] coconut milk (1 can) (3)
- [ ] 15 oz can diced tomatoes (3)

REFRIGERATED

- [ ] cheese (2 cups shredded) (1)
- [ ] 1.5 lbs lean ground beef or turkey (2)
- [ ] boneless skinless chicken thighs (1.5 lbs) (3)
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SPICES & BAKING

- [ ] chili powder (1)
- [ ] ground cumin (1, 3)
- [ ] salt (1, 3)
- [ ] red pepper flakes (2)
- [ ] pepper (2)
- [ ] curry powder (3)
- [ ] garam masala (3)
- [ ] ground coriander (3)
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to skip any recipe, cross ingredients with the number corresponding to that recipe off the shopping list

(1) Instant Pot Enchilada Quinoa Casserole
(2) Korean Beef
(3) Chicken Curry

PREP List

1 COOK RICE

for the curry and Korean turkey. We need 8 cups of cooked rice, which works out to approximately 2 1/2 cups of uncooked rice.

2 CHOP VEGGIES

QUINOA CASSEROLE- 1 red onion, 2 cups fresh tomatoes

KOREAN TURKEY- 8 cloves garlic (minced), 2 inches ginger (grated), 2 heads broccoli (cut into florets)

CURRY- 1 onion (chopped), 3 cloves garlic (minced), 1 inch ginger (grated), 2-3 carrots (peeled & sliced), 15 baby potatoes (cut in half)

3 CUT CHICKEN

into 1 inch pieces.

4 FINISH PREP

shred cheese. Open all cans. Gather all spices.

5 COOK!

Start with Quinoa Enchilada Casserole- follow directions on recipe card!

Get Chicken Curry Cooking- follow directions on recipe card

Do the Korean Turkey last- first cook the meat (follow directions on the recipe card), then steam the broccoli.