



### Shopping List!

andouille sausage, sliced thin  $\frac{3}{4}$  - 1  $\frac{1}{2}$  lbs  
 apple cider 1 cup  
 apple cider vinegar 2 tbsp  
 apples, peeled and sliced 2  
 baby carrots, cooked (Optional)  $\frac{1}{2}$  lb  
 balsamic vinegar  $\frac{1}{4}$  cup  
 bay leaf 1  
 beef chuck roast 3 lb  
 black pepper 4 tsp  
 bone-in smoked pork chops ( $\frac{3}{4}$ in thick) 4-6  
 boneless pork butt roast, cut in half 3 – 3  $\frac{1}{2}$  lb  
 boneless, skinless chicken breast 3 #  
 bottled Cholula hot sauce or chipotle sauce  $\frac{1}{4}$  cup  
 brown sugar 4 tbsp  
 carrots, peeled and chopped 1 cup  
 celery stalks, chopped 3  
 chicken broth OR dry white wine OR a combo of both 14  $\frac{1}{2}$  -15 cups  
 chili powder 1-3 tsp  
 coriander seeds, cracked 2 tbsp  
 Creole seasoning or Cajun seasoning 1-1  $\frac{1}{2}$  tbsp.  
 Diced ham, 1 cup  
 dried green split peas 1 lb  
 dried red kidney beans 1lb  
 dried rosemary  $\frac{1}{2}$  tsp  
 dried thyme  $\frac{1}{2}$  tsp  
 French bread, sliced  
 frozen corn, thawed 1 (9-10oz) package  
 frozen lima beans, thawed 1 (9-10oz) package

garlic cloves, chopped 20  
 ginger, fresh grated OR  $\frac{1}{4}$  tsp ground ginger 1 tbsp  
 gluten free noodles, cooked (Optional)  $\frac{3}{4}$  -1 lb  
 great Northern beans 2 (15oz) cans  
 ground cumin 2 tsp  
 ground oregano 1 tsp  
 ground turkey 2#  
 kosher salt  $\frac{3}{4}$  tsp  
 large carrots, peeled and cut into 1in chunks 2  
 lemon, sliced 1  
 med new potatoes, peeled or not, cubed small 4  
 olive oil 2 tbsp  
 onions, chopped 6  
 peas, cooked (Optional) 1  $\frac{1}{2}$  cup  
 potatoes, peeled or not, cubed 1  $\frac{1}{2}$  cups  
 Provolone cheeses, sliced  
 pumpkin 1 (15OZ) can  
 red onion, chopped 1  
 red wine or beef broth 1 cup  
 Salt, 3 tsp  
 sauerkraut and its juice 2 lbs  
 smooth peanut butter (or chunky)  $\frac{1}{2}$  cup  
 soy sauce 6 tbsp  
 sprigs fresh rosemary 4  
 tart apples, cored, but unpeeled, thinly sliced 4  
 turkey tenderloins, cut into 4-6 pieces 2 lbs  
 water 6-7 cups  
 whole chicken 4-5 lb  
 Worcestershire sauce 1 tbsp

#### TURKEY WHITE BEAN CHILI

- ground turkey 2#
- onion 1
- garlic cloves 3
- chili powder 1-3 tsp
- ground cumin 2 tsp
- great Northern beans 2 (15oz) cans
- ground oregano 1 tsp
- pumpkin 1 (15OZ) can
- chicken broth or turkey broth 2 cups
- Salt and pepper

#### PEPPERY TURKEY TENDERLOIN W/APPLES

- balsamic vinegar ¼ cup
- soy sauce 2 tbsp
- coriander seeds, cracked 2 tbsp
- cracked black peppercorns 2 tbsp
- garlic cloves, minced 4
- dried thyme ½ tsp
- turkey tenderloins, cut into 4-6 pieces 2 lbs
- tart apples, cored, but unpeeled, thinly sliced 4
- apple cider 1 cup

#### CREOLE STYLE RED BEANS

- dried red kidney beans 1lb
- andouille sausage, sliced thin ¾ - 1 ½ lbs
- celery stalks, chopped 3
- red onion, chopped 1
- garlic cloves, minced 3-5
- Creole seasoning or Cajun seasoning 1-1 ½ tbsp.
- water or chicken broth, 7 cups

#### BRUNSWICK STEW

- boneless pork butt roast, cut in half 3 – 3 ½ lb
- med new potatoes, peeled or not, cubed small 4
- med onions, chopped 1
- gluten free chicken broth 1 (32oz) box
- frozen lima beans, thawed 1 (9-10oz) package
- frozen corn, thawed 1 (9-10oz) package
- brown sugar 4 tbsp
- salt 2 tsp

#### SPLIT PEA AND HAM SOUP

- dried green split peas 1 lb
- potatoes, peeled or not, cubed 1 ½ cups
- garlic cloves, chopped 5
- cup onion, chopped 1
- carrots, peeled and chopped 1 cup
- bay leaf 1
- black pepper 1 tsp
- kosher salt ¾ tsp
- water 6-7 cups
- Diced ham, 1 cup

#### PEANUT GINGER CHICKEN

- smooth peanut butter (or chunky) ½ cup
- olive oil 2 tbsp
- apple cider vinegar 2 tbsp
- garlic cloves, minced 4
- ginger, fresh grated OR ¾ tsp ground ginger 1 tbsp
- bottled Cholula hot sauce or chipotle sauce ¼ cup
- soy sauce ¼ cup
- boneless, skinless chicken breast 3 #

#### SAUERKRAUT W/SMOKED CHOPS

- sauerkraut and its juice 2 lbs
- onions, chopped 2
- apples, peeled and sliced 2
- large carrots, peeled and cut into 1in chunks 2
- bone-in smoked pork chops (¾in thick) 4-6

#### FRENCH DIP

- beef chuck roast 3 lb
- red wine or beef broth 1 cup
- large onion, chopped 1
- Worcestershire sauce 1 tbsp
- dried rosemary ½ tsp
- black pepper ½ tsp
- garlic cloves, finely chopped 2
- Salt
- French bread, sliced
- Provolone cheeses, sliced

#### CHICKEN FROM HEAVEN

- lemon, sliced 1
- sprigs fresh rosemary 4
- whole chicken 4-5 lb
- salt ½ tsp
- black pepper ½ tsp
- chicken broth OR dry white wine OR a combo of both 1 ½ -2 cups
- gluten free noodles, cooked (Optional) ¾ -1 lb
- baby carrots, cooked (Optional) ½ lb
- peas, cooked (Optional) 1 ½ cup

