
ITEMS

Canned / Packaged Goods:

- 2 tbsp chicken bouillon paste (Better Than Bouillon)
- 250 g (1/2 lb) flat rice noodles (shaped more like fettuccine)
- chopped peanuts
- 2 cups beef broth
- 2 cans diced tomatoes
- 1 cup dried split red lentils
- 3/4 cup raisins
- 3/4 cup dried apricots cut into quarters

Dairy / Eggs:

- 1 egg

International:

- 1 tbsp fish sauce
- 2 tbsp oyster sauce

Bread / Peanut Butter / Jams:

- 2 tsp honey
- 1 cup peanut butter

Grains / Rice:

- brown rice to go with moroccan beef and lentils

Baking Needs:

- 1 tbsp canola or olive oil
- 1 tbsp sesame or peanut oil
- 2 tsp sugar
- 2 tbsp canola oil

Produce:

- 8 stalks celery
- 5 onions
- 4 lbs sweet potatoes
- 2 cups chopped kale (or spinach or swiss chard)
- 100 g (3 oz) extra-firm tofu
- green onions
- limes
- 12 cloves garlic minced + 6 cloves garlic
- 3 carrots
- 3/4 cup fresh cilantro
- 3 medium tomatoes quartered (or 1 can diced tomatoes)
- 200 g (7 oz) bean sprouts
- green beans to go with Moroccan Beef and Lentils

Spices:

- 2 tsp oregano
- 1/4 tsp chili flakes
- 2 1/2 tsp coriander
- 3 1/2 tsp cumin
- 1 1/2 tsp powdered ginger
- 1/8 tsp ground cloves
- 1/8 tsp cayenne pepper
- 1 1/2 tsp cinnamon
- 1/2 tsp turmeric

Meats / Seafood:

- 3-4 cups cooked chicken or turkey
- 1 lb lean ground beef
- 225 g (1/2 lb) shrimp or very thinly sliced chicken or pork