



## Supper Club Grocery List #118

### Produce Section

- 12 large stalks asparagus, sliced into 1" pieces
- 1 head cabbage, shredded
- 1 head cauliflower
- 1 ½ lbs baby new potatoes, quartered
- 1 large red onion, sliced into wedges
- 1 lb sliced mushrooms
- 1 to 1 ½ bunch green onions, sliced
- 1–2 green onions, sliced
- 3 ½ cups cherry tomatoes
- 8 cloves garlic, minced

### Dairy/Refrigerated/Freezer Section

- 1 cup shredded cheddar cheese
- 1 egg
- 1 tbsp sour cream
- 200 g halloumi
- ¾ cup milk
- 2 cups edamame beans
- ½ cup frozen green peas, defrosted

### Canned, Jarred & Packaged Goods Aisle

- 1 cup chicken or vegetable broth
- 1 cup roasted garlic hummus
- ¼ cup pistachios
- 1 package chili
- 2 packages instant noodles (ramen)

### Meat/Poultry Section

- 2 large chicken breasts, cut into 3–4 pieces each

- 2 packages instant noodle seasonings
- Corn chips
- Diced tomatoes

### Spices/Seasoning Aisle

- 2 tsp all-purpose seasoning (recipe provided)
- ¼ tsp chili powder
- ¼ tsp garlic powder
- ¼ tsp onion powder
- 1 tbsp dried rosemary
- ½ cup sesame seeds
- ¼ tsp salt
- Salt & pepper (to taste)

### Oil and Condiments Aisle

- 1 ½ cups almonds
- ¼ cup almond butter
- ½ cup balsamic vinegar
- 4 tsp brown sugar
- 1 tbsp buffalo sauce (e.g., Frank's Red Hot)
- 1 tsp honey
- ¼ cup mirin (or 4 tbsp vinegar + 1 tbsp sugar)
- ½ cup canola oil
- ¾ cup olive oil (¼ cup + ½ cup)
- 2 tsp apple cider vinegar
- 3 tbsp soy sauce
- ½ cup sesame oil

