

# Soprepared... "winter warm up"

<u>Staple/ Pantry Items:</u>	<u>Produce:</u>	<u>Shelf Stable:</u>
Olive oil	6 Oranges (or Orange Juice)	Caesar Salad Dressing
Garlic Salt	4 Limes (or 1 plus lime juice)	Chipotle Chili
Salt & Pepper	3 large heads of Garlic	Salsa (tequila lime, newman's own)
Cumin	1 large Onion	Cajun Seasoning
Oregano, dried	1 Green Pepper	Smoked Paprika
Hot Sauce	4 stalks Celery	28oz can San Marzano Tomatoes, diced
Thyme, dried	Cilantro	Rice Wine (or Sherry)
Chicken Broth (1 cup)	Parsley (garnish only)	Asian Fish Sauce
Tomato Paste	Mint leaves (garnish)	Sambal Oelek (or other asian chile sauce)
Soy Sauce (or Tamari if GF)	Jalapeño	Peanuts (garnish)
Sugar	Ginger root (small 2" nub)	
	1 head Cauliflower	
	1 pint Brussels Sprouts	<u>Meat/Dairy:</u>
	1 lb Broccoli (small head)	3 lb Boneless Skinless Chicken Breasts
	8 oz Baby Kale, prewashed	1 lb Boneless Skinless Chicken Thighs
<u>Vino Pairing:</u>	1 head Bibb Lettuce (butter lettuce)	1 lb Bacon
Rosé (sparkling or flat)		3 lb Pork Shoulder, boneless
Pinot Noir or juicy Red Blend		3 links Andouille Sausage
Crisp Sauvignon Blanc		1 lb Shrimp, peeled & deveined
Malbec		2 lbs Skirt Steak
		Parmesan Cheese
		Greek Yogurt, FULL FAT!!