

THE SHOPPING LIST

GROCERY BAG: ONE POT COMFORTS

STAPLES

- Coarse salt and ground pepper
- Olive oil
- Dried herbs: oregano, thyme
- 1 can (48 ounces) reduced-sodium chicken broth
- Light mayonnaise
- Country bread
- 1 jar (26 ounces) tomato sauce

PRODUCE

- 2 red bell peppers
- 1 1/4 pounds white mushrooms
- 1 1/2 pounds green beans
- 3 pounds fennel bulbs
- 1 tomato
- 1 bunch fresh parsley
- 1 lemon
- 2 medium red onions
- 2 heads garlic

MEAT/FISH

- 1 1/2 pounds ground beef sirloin
- 2 pork tenderloins (about 1 pound each)
- 4 ounces thinly sliced prosciutto
- 4 whole chicken legs (about 3 pounds total)

MISCELLANEOUS

- 1 can (14.5 ounces) light coconut milk
- Thai red curry paste
- Prepared white horseradish
- 1 package (9 ounces) no-boil lasagna noodles
- Quick-cooking barley
- Jasmine rice
- 2 packages (10 ounces each) frozen chopped spinach

DAIRY

- 1 container (15 ounces) part-skim ricotta
- 4 ounces shredded part-skim mozzarella
- 1 chunk (1 ounce) Parmesan