

SHOPPING LIST

GROCERY BAG: WORLDLY MEALS

DRY/CANNED GOODS

- Sugar
- Tomato paste
- All-purpose flour
- Linguine
- Reduced-sodium chicken broth
- Long-grain white rice
- Whole peeled tomatoes in juice
- Tomato sauce

SPICES

- Dried tarragon
- Coarse salt
- Ground pepper
- Ground cumin
- Red-pepper flakes

PRODUCE

- 6 plum tomatoes
- 2 lemons
- 6 cups loose baby spinach (about 10 ounces)
- 2 red bell peppers
- Fresh cilantro (optional)

MEAT/POULTRY

- 1 pound ground beef sirloin
- 1 1/2 pounds chicken cutlets
- 8 ounces andouille sausage (precooked)

CONDIMENTS AND OILS

- Olive oil
- Mayonnaise
- Dijon mustard

MISCELLANEOUS AND STAPLES

- White sandwich bread
- Flour tortillas (10-inch)
- Onions
- Garlic
- Frozen corn kernels
- Butter
- Dry white wine
- Capers

SEAFOOD

- 4 flounder fillets (about 1 1/2 pounds total)
- 1 pound frozen Large Shrimp (peeled, deveined, and tails intact)

DAIRY

- 8 ounces Monterey jack cheese
- Sour cream (optional)
- Parmesan cheese (optional)