

Grains:

2 c. brown rice

Frozen:

1 2/3 c. frozen corn

Produce:

1 medium-sized yellow squash

1 medium zucchini

1 medium yellow onion

8 medium carrots (about 1 lb.)

1 c. broccoli florets (could be frozen if you want)

1 small onion

2 medium tomatoes (or you can sub a 14.5 oz. can petite diced tomatoes)

6 cloves garlic

Cans/jar:

1 14.5 oz. can petite diced tomatoes

2 15 oz. can black beans

2 14.5 oz. can tomato sauce

1 15 oz. can cannellini beans (white kidney)

1 24 oz. jar pasta sauce

Meat:

1 to 1.5 lbs. chicken breast

2 lbs. chicken thighs

1 lb. ground turkey

1 lb. ground spicy sausage

2 lbs. boneless beef chuck shoulder roast

Sauces:

1/2 c. honey

1/2 c. + 2 T soy sauce

1 1/4 c. ketchup

1 c. grape jelly

Other/oils:

1 T cornstarch

2 T white wine

2 T apple cider vinegar

2 t. olive oil

2 T vegetable oil

3 1/4 c. chicken broth

Spices:

1/4 t. allspice

1 t. crushed red pepper flakes

1 T paprika

1 T chili powder

2 t. cumin

1 1/2 t. oregano

salt and pepper