

## Shopping List for January 29th Cooking Session

### Recipes:

We will prepare together 6 servings of chili con carne, 4 servings of loaded potatoes and broccoli.

### Food: what you'll need:

#### Produce

- 1 medium yellow onion
- 3 cloves of garlic
- 3 green onions
- 2 small broccoli heads
- 4 medium Russet potatoes or sweet potatoes

#### Meat/Fish

- 1 lbs (~450g lean or extra-lean ground beef). If you do not eat ground beef, you can replace by the same amount of ground turkey, chicken, pork, meatless ground meat substitute or extra-firm tofu.

#### Dairy/Eggs

- 1 cup (250 ml) Plain Greek Yogurt (full-fat or 2% fat)
- Medium or milk Cheddar cheese (about 200 g). You can buy shredded Cheddar cheese too.

#### Grocery

- ¼ cup or 60 ml Olive Oil
- 3 tbsp. (45 ml) of chili powder (also called chili seasoning)
- 2 tbsp. (30 ml) ground cumin
- 2 tbsp. (30 ml) sugar
- 3 tbsp. (45 ml) tomato paste
- Black pepper
- Salt
- ¼ tsp (1 ml) Ground cayenne pepper (if you like it spicy). You can replace by chipotle pepper or your favorite spicy sauce
- 1.5 cup (375 ml) beef broth. You can replace by vegetable broth

- 1 can (19 oz. or 540 ml) of red kidney beans
- 1 can (28 oz. or 796 ml) can diced tomatoes

**Equipment: What you'll need at home:**

- Large saucepan
- 2 baking sheets or 1 baking sheet and 1 baking pan
- Knives
- Cutting boards
- Cheese grater (not needed if buying the shredded cheese)
- Parchment Paper or aluminum foil
- Oven and stove