

delish

WEEKNIGHT DINNERS



PRODUCE

9 cloves	GARLIC	2	RIBS CELERY
5	CARROTS	2	SMALL HEADS BROCCOLI
4 cups	BABY SPINACH	2	BUNCHES TUSCAN KALE
2 lbs.	RUSSET POTATOES	1	BUNCH THYME
1 lb.	ASSORTED WILD MUSHROOMS	1	BUNCH FLAT LEAF PARSLEY
3/4 lb.	BRUSSELS SPROUTS	1	BUNCH ROSEMARY
3/4 lb.	NEW POTATOES	1	LEMON
2	YELLOW OR WHITE ONIONS		



PANTRY

4 cups	VEGETABLES STOCK (OR BROTH)	2 tbsp.	2 TABLESPOONS SOY SAUCE
1 cup	CHICKEN BROTH	2 tbsp.	2 TABLESPOONS HONEY
1 cup	BROWN RICE	1 tbsp.	SMOOTH DIJON MUSTARD
3/4 cup	EXTRA-VIRGIN OLIVE OIL		KOSHER SALT
3 tbsp.	TOMATO PASTE		BLACK PEPPER
3 tbsp.	ALL-PURPOSE FLOUR		PINCH OF NUTMEG



DAIRY

2 cups	HALF-AND-HALF
1 cup	MILK
3 oz.	SHARP WHITE CHEDDAR
3 oz.	FONTINA CHEESE
3 tbsp.	UNSALTED BUTTER
	GREEK YOGURT OR SOUR CREAM



PROTEINS

1	SMALL ROASTING CHICKEN
1 1/4 lbs.	SALMON (WHOLE PIECE OR FILLETS)
1 lb.	LEAN GROUND BEEF
1	EGG



BREAD

1 ball	FRESH PIZZA DOUGH
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