



COOKBOOK Winter Week #4
Shopping List

(M) Pork Verde with Parsley Quinoa (T) Mussels in Brodo with Parsley-Butter Cauliflower (W) Cabbage-Pork Stew (Th) Mushroom Polenta (F) Citrus Chicken with Quinoa Salad

Meat / Seafood	Quantity	Notes
pork tenderloin	2 pounds	
chicken breast, organic	2	about 1 pound
mussels	2 pounds	

Vegetables & Fruit	Quantity	Notes
fresh flat leaf parsley	1 lg bunch	about 1-1/2 cups
onions, medium	2	
green tomatillos	2	
poblano chili pepper	1	
jalepeno pepper	1	
lemons	2	
lime	1	
cauliflower	1 sm head	
green cabbage	1 head	
shallots	2	
dried porcini mushrooms	1/2 ounce	
frozen corn	2 cups	

Dairy	Quantity	Notes
unsalted butter	5 Tablespoons	
parmesan cheese, grated	1/2 cup	

Bakery/Misc	Quantity	Notes
quinoa, dry	2-1/2 cups	
white white	1 cup	
fine cornmeal (polenta)	1 cup	

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	8 Tablespoons	dried oregano	
grapeseed oil		herbes de provence	
balsamic vinegar		ground cumin	
white wine vinegar		raw honey or 100% maple syrup	
chicken or veggie broth: low sodium	8 cups	organic tomato paste	4 Tablespoons
garlic	8 cloves	Dijon mustard or brown mustard	
kosher salt	3-1/2 teaspoons	soy sauce or Braggs liquid amino acid	
black pepper	1-1/4 teaspoons	whole grain pasta	
cayenne pepper	1/4 teaspoon	long grain brown rice (dry)	
paprika (sweet Hungarian)	1 teaspoon	whole wheat flour	