

Baking

- ☐ Flour 2 tablespoons

Condiments & Spices

- ☐ Black pepper to taste
- ☐ Salt to taste

Meat

- ☐ Minced beef 1 lb

Vegetables

- ☐ Garlic 2 cloves
- ☐ Onion 1 unit
- ☐ Spring onions 1 bunch

Canned Goods

- ☐ Canned tomatoes (chopped) 10oz

Dairy

- ☐ Butter 3 tbsp
- ☐ Hard mozzarella cheese, grated 5 oz
- ☐ Hard Parmesan cheese, grated 1.5 cups
- ☐ Milk 2 cups

Rice, Cereal & Legumes

- ☐ Penne rigate pasta 10oz