

Canned Goods

- ☐ Coconut milk 13.5oz (400ml)
- ☐ Vegetable stock $\frac{1}{2}$ cup (110ml)

Rice, Cereal & Legumes

- ☐ Cooked brown rice or quinoa 2 cups

Condiments & Spices

- ☐ Chili powder 1tsp
- ☐ Fresh thyme 4 sprigs
- ☐ Smoked paprika 1.5tbsp

Vegetables

- ☐ Garlic 2 cloves