Canned Goods

- ◯ Whole tomatoes 56oz (2 cans)

Vegetables

- ◯ Basil leaves 0.5 cup
- ◯ Garlic 6 cloves
- ◯ Yellow onion 1 small

Condiments & Spices

- ◯ Black pepper ½ tsp
- ◯ Olive oil 3 tbsp
- ◯ Red pepper flakes 4 tsp
- ◯ Sea salt 1 tsp