

Canned Goods

- Whole tomatoes 56oz (2 cans)

Vegetables

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

Condiments & Spices

- Black pepper $\frac{1}{2}$ tsp
- Olive oil 3 tbsp
- Red pepper flakes 4 tsp
- Sea salt 1 tsp