

Baking

- ☐ All-purpose flour 3tbsp

Canned Goods

- ☐ Beef Broth 6 cups
- ☐ Chicken/Vegetable Broth 4 cups
- ☐ Tomato Paste 2 tbsp

Meat

- ☐ Stewing beef 2lb

Vegetables

- ☐ Carrots 6 units
- ☐ Celery 4 ribs
- ☐ Garlic 3 cloves
- ☐ Onion 2 units
- ☐ Parsley 1 bunch
- ☐ Potatoes 1lb

Beverages

- ☐ Red wine ½ cup
- ☐ Water 2 tbsp

Condiments & Spices

- ☐ Black pepper ½tsp + 1 container
- ☐ Chili powder 2tsp
- ☐ Cornstarch 2tbsp
- ☐ Dried rosemary 1tsp
- ☐ Garlic powder ½tsp
- ☐ Ground cumin 1tsp
- ☐ Kosher salt 1 container
- ☐ Olive oil 5tbsp
- ☐ Paprika 2tsp
- ☐ Salt ½tsp

Rice, Cereal & Legumes

- ☐ Brown lentils 1 cup