

Baking

- Cornstarch 2 tsp

Condiments & Spices

- Ginger 1 tsp
- Hoisin sauce 1 tbsp
- Olive oil 1 tbsp

Vegetables

- Broccoli 3 cups
- Carrots 2 cups
- Chervil or parsley 1 tsp
- Cremini mushrooms 5oz
- Garlic 1 tbsp
- Tomato concasse $\frac{1}{4}$ cup

Canned Goods

- Chicken stock 1.5 cups

Meat

- Chicken 5.5lbs