

SHOPPING LIST

ONE POT WONDERS COOKING DEMO

Turkey Sausage & Broccoli Pasta
Spiced Chickpea Stew
Chicken Tortilla Soup
Garlic Shredded Chicken

PRODUCE

- 3 onions
- 1 head garlic
- 1 lb broccolini
- 1 bunch fresh parsley
- 1 carrot
- 1 knob fresh ginger
- 1 granny smith apple
- 2 cups baby spinach
- 2 limes
- 1 bunch fresh cilantro
- 1 red bell pepper

MEAT

- 4 lbs chicken breast
- 1 lb ground Italian turkey sausage

DAIRY/COOLER

- parmesan cheese

FROZEN

- 1 cup corn

FROM YOUR PANTRY/GROCERY

- salt & pepper
- extra virgin olive oil
- 1 bottle garlic italian dressing (we like Garlic Expressions)
- red pepper flakes
- 8 oz dry orecchiette pasta
- 1 packet taco seasoning
- 1 can tomato paste
- 1 can black beans
- 1 jar salsa
- 5 cups chicken stock
- 1 1/2 tsp oregano
- 1 bag tortilla chips
- 2 1/2 cups chicken stock
- 1 Tbsp coconut oil
- 1 tsp ground turmeric
- 2 tsp coriander
- 1/4 tsp cinnamon
- 1/3 cup brown rice
- 1 can chickpeas
- 1 can coconut milk

TURKEY SAUSAGE & BROCCOLINI PASTA

PREP TIME

10 mins

COOK TIME

20 mins

SERVINGS

4-6

INGREDIENTS

2 Tbsp olive oil
1 lb ground Italian turkey sausage
1 onion, diced
3 cloves garlic, minced
pinch red pepper flakes
2 ½ cups chicken stock

8 oz dry orecchiette pasta (*or other small pasta*)
salt & pepper
1 lb broccolini, cut into 1/2" pieces

For serving: grated parmesan, chopped fresh parsley

INSTRUCTIONS

1. Add olive oil, sausage and onion to a large pot or dutch oven (make sure the pot/dutch oven has a lid) over medium-high heat. Cook, stirring to break sausage into bite sized pieces, until sausage is browned and onions are softened.

2. Turn the heat to medium and add garlic and red pepper flakes. Cook for about 30 seconds until garlic is fragrant.

3. Add chicken stock and bring to a boil. Add pasta and salt, return to boil.

4. Stir, lower heat to low and simmer for 11-12 minutes, covered. Add broccolini, stir and cover, and cook for another 3 minutes until pasta is al dente and broccolini is bright green.

5. Serve with grated parmesan cheese and parsley, plus a little sprinkling of red pepper flakes if you like it spicy. Enjoy!

SPICED CHICKPEA STEW

PREP TIME

15 mins

COOK TIME

30 mins

SERVINGS

4-6

INGREDIENTS

- 1 Tbsp coconut oil
 - 1 yellow onion, diced
 - 1 carrot, diced
 - 3 garlic cloves, minced or grated
 - 1 Tbsp fresh grated ginger
 - 2 tsp fresh grated turmeric (or 1 tsp ground)
 - 2 tsp coriander
 - 1 tsp cumin
 - 1/4 tsp cinnamon
- 1 granny smith apple, diced
 - 1/3 cup brown rice, uncooked
 - 5 cups vegetable stock
 - 2 cups baby spinach
 - 1 can chickpeas, drained and rinsed
 - 1 cup coconut milk
 - salt & pepper
 - 1 lime, cut into wedges
 - 1/2 cup chopped fresh cilantro

INSTRUCTIONS

- 1.** In a large pot, heat the coconut oil and add onion and carrot. Cook until starting to brown, and add garlic, ginger, and turmeric. Cook for another 2 minutes until fragrant.

2. To the onions, add curry powder, cumin, coriander, cinnamon, apple, and rice. Saute for 5 minutes, stirring often.
- 3.** Add stock, spinach, chickpeas, salt and pepper and bring to a simmer. Cover and cook for 20 minutes or until rice is tender. Stir in coconut milk and cook until heated through.

4. Serve with a lime wedge and sprinkle of fresh cilantro. Enjoy!

CHICKEN TORTILLA SOUP

PREP TIME

10 mins

COOK TIME

25 mins

SERVINGS

6 – 8

INGREDIENTS

3-4 cups shredded chicken, cooked
2 Tbsp extra virgin olive oil, divided
1 cup onion, chopped
3/4 cup red bell pepper, chopped
1 packet taco seasoning
1/4 cup tomato paste

1 cup corn kernels (fresh, canned or frozen)
1 can black beans, rinsed and drained
1 jar of salsa (your favorite type)
5 cups unsalted chicken stock
1 1/2 tsp dried oregano

Extras/Toppings

1 bag tortilla chips – crumble a handful over each bowl
1 lime, juiced
1/4 cup cilantro leaves, chopped

INSTRUCTIONS

1. In a large pot or dutch oven, heat 1 Tbsp of olive oil.
2. Add onions and red bell peppers to the pot and saute for 1 minute.
3. To the pot, add taco seasoning, continuously stirring for 30 seconds.
4. Add tomato paste and saute for 1 minute.

5. Add corn, black beans, salsa, chicken stock, oregano, salt, and shredded chicken. Stir to combine.
6. Bring to a boil and reduce to a simmer, cook until the tortillas are soft (about 15 minutes). Adjust seasoning with salt and pepper.
7. Serve the soup with desired toppings. Enjoy!

GARLIC SHREDDED CHICKEN

PREP TIME

5 mins

COOK TIME

4-6 hours

SERVINGS

8

INGREDIENTS

- 4 lbs boneless skinless chicken breasts
- 1 bottle garlic italian dressing (we like the brand Garlic Expressions)
- Pinch of salt & pepper

INSTRUCTIONS

1. Put all ingredients into a crock pot. Ensure all chicken is coated in dressing.
2. Set crock pot to low (6 hours) or high (4 hours). Once done, use two forks to shred into large pieces. Enjoy in whatever recipes you wish!