

# shopping list

THIS LIST CONTAINS THE INGREDIENTS THAT WILL SEE YOU THROUGH THE RECIPES IN THIS ISSUE OF *REAL SIMPLE*.

## SMOKY FISH CHOWDER | PAGE 131



- skinless firm white fish, 2 pounds (such as halibut or cod)
- Spanish chorizo (cured sausage), 8 ounces
- leeks, 4
- fresh flat-leaf parsley, 1 cup
- Yukon gold potatoes, 1½ pounds (about 4 medium)
- diced tomatoes, 1 28-ounce can
- kosher salt and black pepper

## KALE AND WHITE BEAN SOUP | PAGE 131



- kale, 1 bunch
- celery, 2 stalks
- lemon, 1
- fresh rosemary, 3 tablespoons
- onion, 1
- garlic, 4 cloves
- Parmesan, 2 ounces, plus 1 piece Parmesan rind (optional)
- country bread, 1 loaf
- cannellini beans, 2 15.5-ounce cans
- small soup pasta, 1 cup (4 ounces; such as tubettini, ditalini, or orzo)
- olive oil, 2 tablespoons
- kosher salt and black pepper

## CHICKEN AND PEPPER STEW WITH OLIVES | PAGE 132



- boneless, skinless chicken thighs, 16 (about 6 pounds)
- red bell peppers, 3
- green bell peppers, 3
- garlic, 4 cloves
- pitted olives, 2 cups
- golden raisins, ½ cup
- low-sodium chicken broth, 2 cups
- long-grain white rice, 2 cups
- all-purpose flour, ½ cup
- olive oil, 3 tablespoons
- paprika, 1 teaspoon (preferably smoked)
- kosher salt and black pepper

## RICH FRENCH ONION SOUP | PAGE 132



- fresh thyme, 1 tablespoon
- onions, 4 pounds (about 6 medium)
- Gruyère or Swiss cheese, 8 ounces
- unsalted butter, 6 tablespoons
- country bread, 1 loaf
- low-sodium beef broth, 2 cups
- dry white wine, 1 cup
- kosher salt and black pepper

## JALAPEÑO PORK STEW WITH PICKLED ONIONS | PAGE 134



- boneless pork shoulder or butt, 5 pounds
- jalapeños, 1 to 2
- red onion, 1 large
- garlic, 12 cloves
- orange juice, 1 cup
- frozen cut okra, 1 1-pound package
- all-purpose flour, 3 tablespoons
- diced tomatoes, 1 14.5-ounce can
- grits, 1½ cups
- red wine vinegar, ¼ cup
- olive oil, 4 tablespoons
- ground cumin, 2 teaspoons
- kosher salt and black pepper

## CLASSIC BEEF STEW | PAGE 134



- beef chuck, 5 pounds
- celery, 2 stalks
- carrots, 2 pounds (about 10 medium)
- turnips, 1½ pounds
- fresh flat-leaf parsley, 1 cup
- onion, 1 medium
- unsalted butter, 2 tablespoons
- all-purpose flour, 3 tablespoons
- tomato paste, 1 6-ounce can
- egg noodles, 2 12-ounce packages
- red wine, 1 750-milliliter bottle (such as Pinot Noir or Syrah)
- olive oil, 2 tablespoons
- bay leaves, 2
- kosher salt and black pepper

## SPICED LAMB CHOPS WITH CHICKPEA AND CARROT SAUTÉ | PAGE 144



- lamb loin chops, 8 small (about 2 pounds total)
- carrots, 2 medium
- lemon, 1
- fresh dill, ¼ cup
- garlic, 2 cloves
- chickpeas, 1 15.5-ounce can
- olive oil, 1 tablespoon, plus 1 teaspoon
- curry powder, 1 teaspoon
- kosher salt and black pepper

## SEARED TILAPIA WITH WATERCRESS AND MANGO SALAD | PAGE 144



- tilapia, 4 fillets (about 1¼ pounds total)
- watercress, 6 cups (from 1 to 2 bunches)
- lime, 1
- mango, 1
- fresh ginger, 1 1-inch piece
- red onion, ½ medium
- honey, 2 teaspoons
- olive oil, ¼ cup plus 2 teaspoons
- crushed red pepper, ¼ teaspoon
- kosher salt and black pepper

## SKILLET-POACHED HUEVOS RANCHEROS | PAGE 145



- eggs, 4 large
- scallions, 2
- fresh cilantro, ½ cup
- sour cream, ½ cup
- flour tortillas, 4 small
- black beans, 1 15.5-ounce can
- salsa, 1 16-ounce jar
- kosher salt and black pepper

## SAUSAGES WITH SMASHED POTATOES AND CORNICHONS | PAGE 145



- Italian sausage, 8 links (about 1½ pounds total)
- fresh flat-leaf parsley, ½ cup
- small red potatoes, 1½ pounds (about 18)
- sweet onion, ½ small (such as Vidalia or Walla Walla)
- Dijon mustard, 2 teaspoons
- cornichons, ½ cup plus 3 tablespoons of the brine
- olive oil, 3 tablespoons
- kosher salt and black pepper

## ORANGE CHICKEN WITH BULGUR PILAF | PAGE 147



- boneless, skinless chicken breasts, 4 6-ounce breasts
- grape tomatoes, 1 pint
- orange, 1
- scallions, 6
- fresh oregano, ¼ cup
- kalamata olives, ½ cup (pitted)
- bulgur wheat, 1 cup
- olive oil, 3 tablespoons plus 1 teaspoon
- kosher salt and black pepper

### RECIPE KEY

30 MINUTES OR LESS

HEART-HEALTHY

VEGETARIAN

ONE POT

NO-COOK

FREEZABLE