

GOOD EATS ON \$45 A WEEK (REALLY!)

SHOPPING LIST

- 2 white or yellow onions
- 4 Idaho or russet potatoes
- 1 large bunch of kale
- 1 head of garlic
- 3 carrots
- 1 red bell pepper
- 1 10-ounce package of frozen peas
- 1 dozen eggs
- 1 15.5-ounce can of cannellini beans
- 1 15.5-ounce can of black beans
- 1 14.5-ounce can of diced tomatoes
- 1 pound of small shell pasta
- 1 pound of rice
- 7 ounces Virginia ham, sliced
- 4 bone-in, skin-on chicken thighs (about 1.25 pounds)
- 1 pound sweet Italian sausage
- 1 1/2 pounds beef chuck
- Dried thyme
- Bay leaf
- Small bottle of soy sauce
- Small bottle of oyster sauce

YOU'LL ALSO NEED (AND MAY ALREADY HAVE):

- Vegetable oil
- Olive oil
- Salt and pepper
- Flour
- Red wine vinegar (optional)
- Grated Parmesan (optional)
- Sesame oil (optional)