



Online Class 8/12/20: Cooking Two-gether Shopping List

Roasted Corn & Poblano Soup
Rustic Potato & Vegetable Hash

Spiced Seared Salmon
Make Your Own Chocolate Bark

✓	Type	Ingredient	Amount	Unit
	Dry	Chocolate chips or Chocolate bar, chopped (at least 60% cacao)	2/3	cups
	Dry	Coconut flakes, toasted, unsweetened	2	Tbsp
	Dry	Dried fruit, unsweetened (ex. cherries, cranberries, raisins, apricots, dates)	2	Tbsp
	Dry	Nuts, toasted, unsalted (ex. cashews, almonds, peanuts, walnuts, pecans)	2	Tbsp
	Dry	Olive Oil or Canola Oil	2	Tbsp
	Dry	Seeds, toasted, unsalted (ex. Pumpkin seeds, sunflower seeds, chia seeds)	2	Tbsp
	Dry	Vegetable or Chicken Stock, unsalted or low sodium	2	cups
	Produce	Bell Pepper, medium	1	each
	Produce	Carrot, medium	1	each
	Produce	Corn on the Cob	4	each
	Produce	Garlic Cloves	3	each
	Produce	Kale	2	cups
	Produce	Lime, for juice	1	each
	Produce	Onion, medium	2	each
	Produce	Poblano Pepper, medium	1	each
	Produce	Sweet or White Potato, medium	1	each
	Produce	Zucchini, medium	1	each
	Protein	Skin-on Salmon, defrosted if frozen	2 filets ~4oz each	each
	Spice	Black Pepper		To taste
	Spice	Coriander, ground	1/4	tsp
	Spice	Cumin, ground	1/2	tsp
	Spice	Garlic Powder	1/4	tsp
	Spice	Oregano, dried	2	tsp
	Spice	Salt, we recommend Kosher or Sea	1	tsp
	Spice	Smoked or Sweet Paprika	1/2	tsp