

☒ **MEAT/SEAFOOD**

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| ☐ 1 boneless chicken breast | ☐ ½ ham steak cut into 1 inch pieces |
| ☐ 1 spicy Italian sausage | ☐ 10 (16/20) raw shrimp, peeled and deveined (optional) |

☒ **VEGGIES/FRUIT**

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|---|--|
| ☐ ¼ cup red pepper | ☐ ¾ tbsp garlic, minced or pureed |
| ☐ ¼ cup green pepper | ☐ fresh parsley (1 tbsp) |
| ☐ ¼ cup celery | ☐ fresh thyme (½ small stock) |
| ☐ ½ cup onion | ☐ ½ jalapeno seeded and finely chopped (OPTIONAL) |

☒ **DAIRY & EGGS**

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| ☐ ½ cup (1 stick) of butter | ☐ 1 ⅓ cup milk |
| ☐ 2 ¼ cup of 35% heavy whipping cream | ☐ 1 ½ cup sharp cheddar cheese grated (OPTIONAL but h |
| ☐ 6 eggs | |

☒ **OTHER**

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|--|--|
| ☐ 1 cup tomato sauce | ☐ 1 ½ c. flour or gluten-free all purpose flour OR quinoa or chickpea or spelt* flour (use 1:1) |
| ☐ 1 cup chicken stock | ☐ ⅔ cup cornmeal |
| ☐ 1 cup Uncle Ben's converted rice | ☐ ½ cup corn flour (or increase regular flour to 2 cups) |
| ☐ ½ can tomatoes, strained and coarsely chopped | ☐ 5 tsp baking powder |
| ☐ ½ tsp Worcestershire sauce | ☐ ¼ packet or 1 ¼ tsp gelatin |
| ☐ 10 oz. or 1 ¾ cup good quality dark chocolate (cut into pea-sized chunks) | |

☒ **SUGAR AND SPICES**

Sugar

- ☐ 1 cup sugar

Spices

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|---|--|
| ☐ 1 ½ tbsp chili flakes (optional) | ¼ tsp |
| ☐ 1 bay leaf | ☐ dried oregano |
| ½ tsp | ☐ onion powder |
| ☐ dried thyme | ☐ black pepper |
| ☐ paprika | |
| ☐ salt | |
| ☐ garlic powder | |