

# Week 3 Grocery List

## 1. Alison Roman's Smashburgers

1 lb ground beef (preferably 70-30) or any other type of ground meat or non-meat you prefer

4-6 buns

4-6 slices American cheese, or cheese of your preference

1 yellow onion

Yellow mustard

Whatever kind of extra toppings you like: pickles, lettuce, tomatoes, a fried egg....

### **Totally optional sides:**

Frozen french fries (a must), fruit, salad kit

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## 2. White Bean Basil Chicken Chili

Olive oil

1 pound boneless chicken breasts

1 medium onion

2 cloves garlic

1½ teaspoons chili powder

1½ teaspoons ground cumin

½ teaspoon dried oregano  
1 can diced tomatoes  
2 (15½-ounce) cans great northern beans  
4 cups low-sodium chicken broth  
1 lime  
1/4 cup fresh cilantro  
2 Tbsp fresh basil

**Totally optional sides:**

salad kit, fruit, crusty bread

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**3. BBQ Shrimp**

1 lb. raw shell-on shrimp  
2 sticks butter  
2 cloves garlic, minced or jarred  
Black pepper

**Totally optional sides:**

Boiled potatoes, crusty bread, green beans

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**4. (bonus recipe): Shakshuka**

Olive oil

1 medium onion

1 medium red bell pepper

2 cloves garlic clove

2 14 ounce cans diced tomatoes

1 teaspoon cumin

1 teaspoon paprika

1 teaspoon coriander

5-6 eggs

1/2 cup crumbled feta cheese

Fresh cilantro, for garnish, if you want

**Totally optional sides:**

Warm pita, crusty bread, salad kit