



## One-Pot Dinners Shopping List

You may already have many of these food items in your kitchen, so shop there first. And keep in mind some of the recipes use the same ingredients. As always make substitutions to fit your family's needs.

Salmon with Roasted  
Tomatoes and Corn

Potato Hash with Spinach and  
Eggs

Spanish Chickpeas and Rice

One Pot Loaded Vegetarian  
Chili Mac

One-Pot Thai Peanut Veggie  
Pasta

### *Items for Salmon with Roasted Tomatoes and Corn*

- Salmon Fillets (4 or enough for your family)
- Corn (1 ½ cups)
- Cherry tomatoes (1 ½ cups)
- Italian herbs
- Salad ingredients (optional)

### *Items for Potato Hash with Spinach and Eggs*

- Small white potatoes (3/4 lb)
- Unsalted butter
- Yellow onion
- Red bell pepper
- Spinach (10 oz, frozen chopped)
- Large Eggs (8)
- Parmesan cheese (optional)
- Fresh parsley

### *Items for Spanish Chickpeas and Rice*

- Olive oil
- Garlic
- Smoked paprika
- Cumin
- Oregano



- Cayenne pepper
- Onion
- Long grain white rice (or rice of your choice)
- Diced tomatoes (15 oz can or fresh)
- Artichoke hearts (15 oz can)
- Chickpeas (19 oz can)
- Vegetable broth
- Fresh parsley

### Items for Vegetarian Chili Mac

- Onion
- Red pepper
- Green pepper
- Zucchini
- Small summer squash
- Beans (2 15 oz cans, like pinto and black)
- Sweet corn (8.5 oz can)
- Petite crushed tomatoes (1 15 oz can)
- Tomato paste (4 TB)
- Elbow pasta (2 cups)
- Vegetable broth
- Olive oil
- Cumin
- Chili powder
- Paprika
- Garlic powder
- Italian seasoning

### Items for Thai Peanut Veggie Pasta

- Olive Oil
- Red onion
- Shitake or Cremini mushrooms (16 oz)
- Large carrot
- Garlic
- Fresh Ginger
- Bell pepper
- Soy sauce
- Rice wine vinegar



- Creamy peanut butter
- Vegetable broth
- Whole wheat spaghetti
- Lime
- Cilantro
- Chopped peanuts

Download the meal plan online at [thehealthfulpeach.com](http://thehealthfulpeach.com)