



## Online Cooking Class Shopping List - serves 4

### Produce

- 4-6 fresh limes (depends on size)
- 2-3 yellow onions ( we will use 1 in recipes and the rest are for roasting)
- 1 head of fresh garlic (6-8 cloves)
- 2 large or 3 small avocados (ripe)
- 1 bunch cilantro
- 1 jalapeno (more if you like very spicy)
- 2-3 red bell peppers
- 4 large portobello mushrooms (optional)

### Protein

- 4 Boneless, skinless organic chicken breasts (you can substitute the Portobello mushrooms above or do a combination)

### Pantry

- [1 can chipotle peppers in adobo sauce](#)
- [1 can organic black beans](#)
- \*[Organic ground Masa Harina](#)
- Avocado oil
- Dried oregano
- Kosher salt
- Fresh ground pepper
- Garlic powder
- Ground cayenne
- Ground Cumin

- All of the above ingredients should be available at any food store with the exception of the masa harina. See below for a picture and where to find it. If you are trying to do all your shopping at one store, I would not recommend Trader Joe's this time as they will not have the chipotle peppers, portobellos, or the masa harina.
- When purchasing produce, I always suggest organic when possible. Based on the EWG's dirty dozen, none of the ingredients we are using are particularly laden with pesticides.
- Anytime we use animal protein, I always suggest you choose organic, free range or grass fed. For fish I suggest wild caught small fish whenever possible.

\* I can routinely find masa harina at MOM's organic market (they have multiple brands. I like Bob's Red Mill, but, any will do). If you are not near a MOM's market, I found the masa harina on [Vitacost](https://www.vitacost.com), online.



This is **NOT** corn flour! Plain corn meal/flour will not work the same.