

POULTRY



Sun-Dried Tomato Bacon Chicken Pasta

and

Jamaican-Inspired Bowls with Mango Salsa and White Rice

Produce

Bell pepper, red, 1
Cilantro, ¼ bunch
Lemons, 1 ½
Limes, 3
Mango, 1 large
Parsley, 8 stems

Meat

Bacon, 16 ounces (1 pound)
Chicken thighs, boneless, skinless, 3 pounds

Dairy

Heavy cream, 2 fluid ounces (¼ cup)
Parmesan cheese, grated, 2 tablespoons

Pantry

Black beans, 1 (15-ounce) can
Chicken broth, 4 fluid ounces (½ cup)
Olive oil, extra-virgin, 3.2 fluid ounces (1/3 cup,
plus 1 tablespoon)
Penne, dried, 12 ounces
Rice, white, uncooked, 6.3 ounces (1 cup)
Soy sauce or tamari, 2 fluid ounces (¼ cup)
Tomatoes, sun-dried, ½ cup

Seasonings

Allspice, ground, 2 teaspoons
Cinnamon, ground, ¼ teaspoon
Garlic powder, 1 teaspoon
Nutmeg, ground, ¼ teaspoon
Onion powder, 1 teaspoon
Thyme, dried, 2 teaspoons