



Grocery and equipment list:

Roasted broccoli cheddar soup and muffin tin pizzas

ROASTED BROCCOLI CHEDDAR SOUP – 4-6 servings

Fridge:

1 bunch fresh broccoli
Grainy mustard
2 tsp fresh thyme (or 1/2 tsp dried)
1.5 cups shredded old cheddar cheese

Pantry:

4 cups unsalted vegetable or chicken broth
1, 398 ml can cannellini beans
1/2 tsp dried thyme (or 2 tsp fresh thyme)
Extra virgin olive oil
Fresh garlic
Freshly ground black pepper
Kosher salt
White or yellow onion

Equipment:

Can opener
Strainer
Knife
Cutting board
Measuring cups
Measuring spoons
Grater
Oven
Oven mitts
Trivet
Large baking sheet
Parchment paper
Dutch oven or soup pot
Wooden spoon or tongs
Hand blender or stand-up blender



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MUFFIN TIN PIZZAS – Makes 12 pieces

Fridge:

3 Tbsp Grated parmesan cheese
Sweet bell peppers (optional)
Pepperoni, regular or vegetarian (optional)
3/4 cup grated mozzarella cheese

Pantry:

3/4 cup marinara sauce (I like Victoria White Linen from Costco)
4 large flour tortillas
Dried oregano
Freshly ground black pepper
Kosher salt or sea salt
Red pepper flakes

Equipment:

12-cup muffin tin
Cooking spray
Empty can, large circular cookie cutter, glass, or scissors (to cut tortilla into circles)
Medium bowl
Oven
Oven mitts
Spatula or large spoon
Tablespoon
Trivet