

## Grocery and equipment list:

### Broccoli cheddar soup, one-pot spaghetti, and lemon squares

#### BROCCOLI CHEDDAR SOUP – Makes 4-6 servings

##### Fridge:

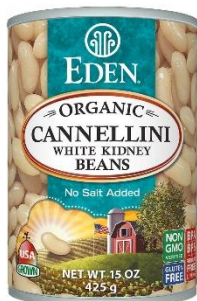
1 bunch fresh broccoli  
1-1/2 cups shredded sharp cheddar cheese  
2 tsp fresh thyme (or 3/4 tsp dried)  
Grainy mustard

##### Pantry:

1 can (398 ml/14oz) cannellini beans (white kidney beans)  
1 cup unsalted vegetable or chicken broth  
3/4 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  
Cutting board  
Dutch oven or soup pot  
Grater  
Hand blender or stand-up blender  
Knife  
Large baking sheet  
Measuring cups  
Measuring spoons  
Oven  
Oven mitts  
Parchment paper  
Strainer  
Trivet  
Wooden spoon or tongs



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#### ONE-SKILLET SPAGHETTI -Makes 4 servings

##### Fridge:

1 carrot (to be shredded)  
1 lb lean ground beef (to make it vegetarian substitute 4 cups (2 - 227-gram packages) mushrooms, diced OR 1 lb plant-based meat alternative)  
2 cups fresh spinach  
Fresh parsley, for garnish  
Parmesan cheese (optional)

##### Pantry:

1 can (796 ml/28 oz) San Marzano tomatoes  
1/2 box of bag of spaghetti (1/2 of a 454 gram/16 oz bag or box)  
Dried oregano  
Extra virgin olive oil  
Freshly ground black pepper  
Garlic bulb  
Kosher salt  
Red pepper flakes  
White or yellow onion

##### Equipment:

Cutting board  
Grater  
Knife  
Large deep skillet with a lid  
Measuring cups and spoons  
Strainer  
Tongs



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#### LEMON SQUARES – Makes 36 squares

**Fridge:**

- 1/2 cup unsalted butter (1 stick)
- 2 large eggs
- 2 lemons (using juice and peel)

**Pantry:**

- All-purpose flour
- Baking powder
- Brown sugar (I use Wholesome organic)
- Icing sugar
- White sugar (I like the organic Kirkland or PC organics)



**Equipment:**

- 8-inch square baking pan (preferably metal)
- Citrus zester
- Food processor (or bowl with pastry cutter)
- Measuring cups and spoons
- Medium bowl
- Oven
- Oven mitts
- Parchment paper
- Small bowl knife
- Trivet
- Whisk