

Grocery and equipment list:

Ramen soup, cheesy crackers, and sweet and salty chocolate bark

RAMEN SOUP – Makes 6 servings

Fridge:

1 bag or bunch of bok choy (any size)
4-6 fresh carrots (to dice)
Cooked rotisserie chicken or pre-cooked chicken of any type (optional) – if you are feeding 6, buy a whole chicken, if you are feeding 3, buy 1/2 cooked chicken
Green onions
Hard boiled eggs (optional)
Sriracha (optional)

Pantry:

6 ounces ramen noodles (if you buy a package that includes seasoning, we are only using the noodles)
8 cups unsalted vegetable or chicken broth
Extra virgin olive oil
Fresh garlic
Fresh ginger
Freshly ground black pepper
Sodium reduced tamari

Equipment:

Cutting board
Knife
Large pot
Measuring cups and spoons
Medium pot
Strainer
Wooden spoon or tongs





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CHEESY CRACKERS – Makes 75 small crackers

Fridge:

Unsalted butter
1/3 cup grated parmesan cheese
3/4 cup shredded sharp cheddar cheese

Pantry:

Avocado oil or cooking spray
Cayenne
Kosher salt
Paprika
Spelt flour

Equipment:

Aluminum foil
Food processor
Knife
Large baking sheet
Oven
Oven mitts
Pizza cutter, cookie cutter
Plastic wrap
Rolling pin (if you don't have one, you can use any sort of bottle, glass or jar as a substitute)
Toothpick, skewer, or fork
Trivet

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SWEET AND SALTY CHOCOLATE BARK – Makes 1 sheet of bark

Pantry:

1/2 cup unsalted nuts or seeds of your choice
(example: peanuts, hazelnuts, almonds, cashews,
pistachios, walnuts, pumpkin seeds, or sunflower
seeds)
1/3 cup dried cranberries
2 cups salted thin pretzel sticks
300 grams semi-sweet or dark chocolate*

Equipment:

Medium sized microwavable bowl (or double boiler)
Parchment paper
Small baking sheet
Spatula
Spoon
Whisk

I like the Lindt Swiss Classic Dark Chocolate 300-gram bar – the recipe uses the whole bar The 100-gram bar pictured below is the same chocolate as the 300-gram bar.

