

# Cook Set 2 Shopping List

Crockpot Mississippi Chicken • Cuban Picadillo • Spanish Rice • Cuban Black Beans • Sautéed Peppers and Onions

## BEFORE YOU SHOP

Kosher salt, black pepper, olive oil, and neutral oil repeat across almost every recipe in this system. Check your pantry before you shop, most kitchens already have these on hand in the quantities needed here.

## COOK SET 2 — WEEKNIGHT STAPLES

### Crockpot Mississippi Chicken

Makes 6 servings · Post #89970

- |                                                                       |                                                            |
|-----------------------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> 2½ pounds chicken thighs, boneless, skinless | <input type="checkbox"/> 1 packet au jus mix               |
| <input type="checkbox"/> ½ cup pepperoncini brine                     | <input type="checkbox"/> 4 tablespoons unsalted butter     |
| <input type="checkbox"/> 1 packet ranch seasoning mix                 | <input type="checkbox"/> ½ cup sliced pepperoncini peppers |

### Cuban Picadillo

Makes 6 servings · Post #89977

- |                                                                   |                                                                     |
|-------------------------------------------------------------------|---------------------------------------------------------------------|
| <input type="checkbox"/> 1 tablespoon olive oil                   | <input type="checkbox"/> 2 tablespoons tomato paste                 |
| <input type="checkbox"/> 1 medium yellow onion, finely diced      | <input type="checkbox"/> 1½ pounds ground beef, at least 85/15      |
| <input type="checkbox"/> 1 medium green bell pepper, finely diced | <input type="checkbox"/> ⅓ cup dry white wine or cooking wine       |
| <input type="checkbox"/> 1½ teaspoons kosher salt, divided        | <input type="checkbox"/> 1 (15-ounce) can crushed tomatoes          |
| <input type="checkbox"/> ½ teaspoon black pepper                  | <input type="checkbox"/> ½ cup pimento-stuffed green olives, sliced |
| <input type="checkbox"/> 4 garlic cloves, minced                  | <input type="checkbox"/> 2 tablespoons capers                       |
| <input type="checkbox"/> 2 teaspoons ground cumin                 | <input type="checkbox"/> 1 tablespoon olive brine or caper brine    |
| <input type="checkbox"/> 1 teaspoon dried oregano                 | <input type="checkbox"/> ⅓ cup raisins, optional                    |

### Spanish Rice

Makes 6-8 servings · Post #89979

- |                                                                        |                                                                       |
|------------------------------------------------------------------------|-----------------------------------------------------------------------|
| <input type="checkbox"/> 2 tablespoons neutral oil                     | <input type="checkbox"/> ½ cup water                                  |
| <input type="checkbox"/> 2 cups parboiled long grain white rice        | <input type="checkbox"/> 1 teaspoon Better Than Bouillon chicken base |
| <input type="checkbox"/> ½ medium yellow onion, finely diced or grated | <input type="checkbox"/> 1 teaspoon kosher salt                       |
| <input type="checkbox"/> 3 garlic cloves, minced                       | <input type="checkbox"/> 1 teaspoon ground cumin                      |
| <input type="checkbox"/> 3 tablespoons tomato paste                    | <input type="checkbox"/> ½ teaspoon black pepper                      |
| <input type="checkbox"/> 4 cups chicken broth                          |                                                                       |

## Cuban Black Beans

Makes 6 servings · Post #89981

- ☐ 2 tablespoons canola oil
- ☐ 1 medium yellow onion, diced
- ☐ 1 medium green bell pepper, diced
- ☐ 6 garlic cloves, minced
- ☐ 1 teaspoon dried oregano
- ☐ 2 teaspoons ground cumin
- ☐ ½ teaspoon black pepper
- ☐ 1 teaspoon kosher salt
- ☐ 3 (15-ounce) cans low-sodium black beans
- ☐ 1½ cups chicken broth
- ☐ 2 bay leaves
- ☐ 1 teaspoon granulated sugar
- ☐ 2 tablespoons white vinegar

## Sauteed Peppers and Onions

Makes 6 servings (1 cup each) · Post #89983

- ☐ 3 tablespoons olive oil, divided
- ☐ 6 large bell peppers, mixed colors, seeded and sliced into ½ to ¾ inch strips
- ☐ 1 large sweet onion, sliced into ½ to ¾ inch strips
- ☐ 1 large red onion, sliced into ½ to ¾ inch strips
- ☐ ½ teaspoon black pepper
- ☐ ½ teaspoon crushed red pepper flakes, optional
- ☐ 1 tablespoon apple cider vinegar
- ☐ Kosher salt, to taste