

THE SHOPPING LIST

Round Four

Ingredients

- 28 ounces fully cooked smoked kielbasa sausage
(if using - can substitute extra cannellini beans - see below)
- 2 onions
- 2 large fresh fennel bulbs
- 8 garlic cloves
- 3 tablespoons fresh thyme
- 1 teaspoon dried crushed red pepper (if desired)
- 8 cups collard or mustard greens (1 large bunch)
**the original recipe calls for kale, which holds up well to freezing, but other greens soften a bit more, while still holding their body. Our favorites are mustard greens or collard greens. Spinach turns mushy. Chard wilts beautifully without completely coming apart, but do avoid rainbow chard, which will tint your soup pink. Whatever you do, just make sure you tear or chop your greens into small enough pieces so that your children can actually put them in their mouths. Or else, they won't love you. I know.*
- 2 15-ounce cans cannellini
(white kidney beans - use four cans if omitting sausage)
- 2 9-ounce packages cheese tortellini
(if avoiding dairy, substitute out for pumpkin tortellini, mushroom ravioli, or some other tasty filled pasta)
- 20 oz Asiago cheese or Parmesan cheese
- 3 1/2 sticks butter
(no worries, it's distributed over a hundred portions or so! May substitute 3 sticks for 3/4 cups of coconut oil)
- 3 large red bell peppers
- 5 celery stalks, and celery leaves
- 3 cups whipping cream
- 3 cups half and half
- 3 cups whole milk *(may substitute almond milk)*
- 1 1/2 cups plain Greek yogurt
(may substitute coconut milk)
- 1 pound blue cheese, crumbled
- 1 pound extra sharp cheddar cheese
- 2 teaspoons celery seeds
- 3 cups oat flour
(may substitute for whole wheat flour, or coconut flour)
- 1 1/2 cups pumpkin puree *(not pumpkin pie filling!)*
- 1 cup maple syrup
- 29 eggs *(yes. 29. Keep that 30th egg for your breakfast, because I love you.)*
- 3 pounds macaroni or penne *(elbow macaroni fits into muffin tins more easily than penne does)*
- 4 whole wheat bagels *(make sure not pre-sliced!)*
- 4 pears
- 4 quarts homemade chicken or vegetable broth
(SEE BELOW FOR INGREDIENTS!) or canned low-salt broth

Menu

1. The-Best-Freeze-Ahead-Soup-Known-To-Man
2. BONUS how-to: Chicken Stock/Vegetable Stock
3. Mini Mac-and-Cheese Muffins
4. Pumpkin Spice Waffles
5. BONUS SNACK: Ridiculously-Easy-And-Totally-Worth-It (yes, it's a theme) Bagel Chips (three ways, people!)
6. BONUS SNACK: Chewy Dried Pears

Plus:

- Olive oil
- Salt
- Pepper
- Apple cider vinegar
- Cayenne pepper (if desired)
- Ground cinnamon
- Garlic powder
- Pumpkin pie spice
- Vanilla bean paste or extract
- Extra maple syrup or honey

FOR BROTHS:

CHICKEN BROTH

- 2 (4-pound) chickens, cut into six pieces each
(or substitute for 4 lbs chicken thighs, or in a pinch, 2 rotisserie chicken carcasses)
- 1 large white onion, peeled and quartered
- 2 carrots (cut into 3 pieces each)
- 2 celery stalks (cut into 3 pieces each)
- 2 bay leaves
- (I usually add in a small bunch of fresh thyme, or rosemary, or parsley, or cilantro - no need to chop or take off the stems or anything)
- 1 tsp apple cider vinegar
- *and this is the super important ingredient that absolutely sets this apart from store-bought broth: 4 ounces Parmigiano-Reggiano CHEESE RINDS!
(though I use any hard cheese rind the deli section has for me when I ask)

VEGETABLE BROTH

- 8 medium button or cremini mushrooms
- 2 large onions
- 2 large leeks
- 2 carrots
- 2 celery stalks, roughly chopped
- 2 medium turnips
- 2 cups cherry tomatoes
- 1 medium green cabbage
- 1 bunch flat leaf parsley