

THE SHOPPING LIST

Round Two

Ingredients

The next few ingredients are scaled for a double batch of pizza dough, and a lot of filling, to yield about 90 4-inch diameter hand pies. If you don't want as many, you can halve this part of the ingredient list.

For the dough:

- 1/4 cup sugar
- 6 packages active dry yeast (or 5 Tb, if you use the little jar)
- 11 cups bread flour (it works just fine with regular all purpose flour, but the stretch and quality is better if using bread flour) - plus some extra all-purpose flour for dusting your board

And ...

- 6 lb of purchased pizza dough, or corn masa dough (if not making your own pizza dough)
- 1 1/2 lb mozzarella (if using sausage for Pizza Pockets, or 2lb mozzarella if Veggie Pizza Pockets)
- 8 oz cream cheese
- 20 oz baby spinach
- 3 oz parmesan cheese
- 2lbs mild Italian turkey sausage (if using)
- 3 cups diced mushrooms/olives/sun-dried tomatoes/bell peppers/other veggies of choice
** This is the one time I will ask you to pre-dice your ingredients, but the quantity here depends on type of veggie chosen.*
- 2 medium sweet potatoes (if Sweet Potato Empanadas)
- 1 x15oz can of black beans (if Sweet Potato Empanadas)
- 2lb lean ground beef (if Ground Beef Empanadas)
- 2 cloves garlic
- 1/2 cup frozen corn
- 1/2 cup raisins

And for the snacks:

- 3 pints of strawberries
- 1/4 cup honey
- 2 cups greek yogurt

And small quantities of the following:

- Cumin
- Salt
- Pepper
- Extra Virgin olive oil
- Regular vegetable oil or melted coconut oil

