

Grocery List

Baking Goods

- 2 1/2 tablespoons sugar

Canned and Jar Goods

- One 28-ounce can whole peeled tomatoes, crushed by hand
- 1/4 cup tomato paste

Dairy

- 8 to 12 large eggs

Miscellaneous

- 1 teaspoon ground caraway
- New Item

Oils and Dressings

- 3 tablespoons canola oil

Produce

- 1 large green bell pepper, cored, seeded, and chopped
- 7 garlic cloves, finely chopped
- 1 large jalapeño chile, cored, seeded, and chopped
- 2 medium yellow onions, chopped
- 1/2 bunch Swiss chard, stemmed and chopped, or spinach

Spices and Seasonings

- 1 bay leaf
- 1 1/2 teaspoons freshly ground black pepper
- 1 tablespoon ground cumin
- 1 tablespoon sweet Hungarian paprika
- 1 1/2 tablespoons kosher salt