



Shopping List

Tuscan Wine-Braised Beef Stew

COMMON PANTRY ITEMS

2 tablespoons olive oil
salt

SPICES

crushed red pepper

GROCERY

1 can chopped tomatoes
1 lb. spiral pasta
1 cup red wine

PRODUCE

1 onion
1 carrot
6 oz. shiitake mushrooms
2 cloves garlic
2 tablespoons fresh oregano

MEAT

1 lb food .eez beef strips