



# Shopping List

## Oaxacan Braised Roast

### COMMON PANTRY ITEMS

2 tablespoons vegetable oil  
salt

### SPICES

1 tablespoon dried oregano  
2 teaspoons dried thyme

### GROCERY

2-3 dried pasilla chiles  
1 can beef broth

### PRODUCE

1 jicama  
2 carrots  
1 onion  
1 zucchini  
8 oz. corn, fresh or frozen

### MEAT

1 food .eez eezy shred roast