Together We Cook

October shopping list

To make:

- Chunky Chicken Noodle Soup
- Chunky Minestrone Soup

1 chicken stock cube (**wheat**)	✓
1 garlic clove	
small piece fresh ginger	
1 cooked skinless chicken breast	
100g dried fine egg noodles (**wheat**)	
3 spears tenderstem broccoli or 100g frozen peas	
2–3 tsp reduced salt soy sauce (**wheat**)	
3 spring onions	
1 handful of beansprouts	

¼ green cabbage	✓
1 onion	
1 clove garlic	
1 rasher of bacon	
1 carrot	
1 stick of celery (optional) (**pollen**)	
1 x 400g can cannellini beans	
1 stock cube (**wheat**)	
1 x 400g chopped tomatoes	
1 x 5ml teaspoon dried mixed herbs	
25g dried pasta shapes eg shells (**wheat**)	
black pepper	
fresh basil leaves	

Approximate cost = £10