

Summer Meathalls

Fruits & Vegetables

- Tomatoes (6 medium)
- Onions (2 small)
- Garlic (4 cloves)
- Fresh herbs (basil, thyme, and oregano)

Meat & Dairy

- Ground chuck (¾ lb)
- Ground pork (¾ lb)
- Butter (2 Tbsp)
- Parmesan cheese (1 cup)
- Eggs (2)
- Milk (2 cups)

Spices & Seasonings

- Salt (1 ½ tsp)
- Black pepper (1 tsp)
- Red pepper flakes (1/4 tsp)

Dry Goods

- Bread (2–3 slices)
- Polenta (1 cup dry)
- Sugar (1/2 tsp)

Condiments & Canned Goods

- Olive oil (3–4 Tbsp)
- Chicken broth (2 ½ cups)
- Tomato Paste (2 Tbsp)

Cocktail Ingredients

- Gin (3 oz)
- Dry Curaçao (1 ½ oz)
- Simple Syrup (1½ oz)
- Red Wine (9 oz)
- Lemon (1–2)
- Seasonal fruit (peaches, berries, etc.)