

Dinner

Five Ingredient Meals

A short shopping list with clear pantry exclusions



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

Make this kitchen yours 3

Food safety and ingredient labels 4

Tomato Mozzarella Gnocchi 5

Salsa Chicken and Black Bean Tacos 7

Edition, use and support 8

Typeface license 9

Make this kitchen yours

This book keeps each recipe to exactly five main ingredients. Water, salt, and black pepper are the only exclusions; their measured amounts appear in the steps when needed. Oil, herbs, cheese, sauces, and garnishes count, so they appear among the five when a recipe uses them. Packaged foods such as salsa or curry paste count as one purchased ingredient, but their labels may contain several components and allergens. Choose plain products when the recipe calls for plain ones, and check labels whenever a dietary need matters. A short ingredient list asks each item to do useful work: tomatoes provide sauce, yogurt provides moisture, and lemon provides both zest and juice. These meals favor manageable techniques and a few substantial ingredients rather than elaborate finishing touches. Make the written version first, then use the substitution note to exchange one ingredient without expanding the list. The menus are two separate dinners; their combined shopping list still covers only what those recipes use. Junction Table by CrownThrive, LLC presents this as a recipe development edition; these recipes have not been kitchen-tested. Read the entire recipe before starting, use the stated pan size or appliance capacity, and check doneness rather than relying only on the clock. Cooking times are estimates because equipment, ingredient size, and starting temperature vary. Taste before adding final salt, and use the substitution note to make one practical change at a time.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Tomato Mozzarella Gnocchi - AI-generated realistic food artwork, not a photograph or tested result.

Tomato Mozzarella Gnocchi

4 servings | Prep: 10 minutes | Cook: 20 minutes

Ingredients

- 1 pound shelf-stable potato gnocchi
- 1 can crushed tomatoes, 28 ounces
- 5 ounces baby spinach
- 1 tablespoon olive oil
- 6 ounces fresh mozzarella, torn

Method

1. Heat oil in a wide 4-quart saucepan over medium heat. Add tomatoes, $\frac{1}{2}$ cup water, $\frac{1}{2}$ teaspoon kosher salt, and $\frac{1}{4}$ teaspoon black pepper; simmer 5 minutes.
2. Stir in uncooked gnocchi and simmer gently 7-10 minutes, stirring often, until gnocchi are tender. Add water a tablespoon at a time if the sauce gets too thick.
3. Fold in spinach and cook 2 minutes until wilted. Scatter mozzarella over the surface, cover, and keep on low heat for 2 minutes until softened.

4. Remove from heat and stand 2 minutes before spooning into bowls. Taste the tomato sauce before adding more salt because the cheese and packaged gnocchi are already seasoned.

Cook's tip

Choose plain gnocchi and plain crushed tomatoes so the five-ingredient flavor stays balanced.

Substitution

Use shredded mozzarella of the same weight instead of fresh mozzarella.

Storage

Refrigerate shallow portions at 40°F or below within 2 hours. Eat within 3–4 days; reheat cooked leftovers to 165°F.

Ingredient allergen notes

wheat, milk

Salsa Chicken and Black Bean Tacos

4 servings | Prep: 15 minutes | Cook: 20 minutes

Ingredients

- 1 pound boneless skinless chicken breasts, cut into ½-inch strips
- 1 jar mild tomato salsa, 16 ounces
- 1 can black beans, 15 ounces, drained and rinsed
- 8 small corn tortillas
- 1 avocado, sliced

Method

1. Combine chicken and salsa in a wide saucepan with ¼ cup water. Bring to a simmer, then cover and cook over medium-low heat for 10 minutes.
2. Stir in black beans and cook uncovered another 5–8 minutes until chicken reaches 165°F and the sauce is thick enough to spoon into a tortilla.
3. Warm tortillas in a dry skillet for about 20 seconds per side, keeping them covered with a clean towel so they remain flexible.
4. Divide the chicken and beans among tortillas and top with avocado. Taste before adding up to ¼ teaspoon salt, since salsa brands differ in saltiness.

Cook's tip

Slice chicken against the grain for tender strips that fit neatly inside the tortillas.

Substitution

Use boneless chicken thighs cut to the same size and cook to 165°F.

Storage

Refrigerate shallow portions at 40°F or below within 2 hours. Eat within 3–4 days; reheat cooked leftovers to 165°F.

Ingredient allergen notes

No major allergens identified in the listed ingredients. Check labels and cross contact.

Edition, use and support

One household recipient may keep, download and print this edition for personal household use. You may cook and adapt the recipes. Do not resell, redistribute, upload the book publicly or sublicense its text, layouts or files. Copyright and other rights are not transferred. Online access follows the published refund and dispute policy.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Typeset in DejaVu Serif and DejaVu Sans. Copyright (c) 2003 by Bitstream, Inc. All Rights Reserved. Bitstream Vera is a trademark of Bitstream, Inc. DejaVu changes are in public domain. The embedded font software is supplied under the Bitstream Vera font license; see FONT-LICENSE.txt in the download.

Gretna Junction - CrownThrive, LLC - Go Flipbooks publishing lane. Support and corrections: contact@crownthrive.com. <https://gretnajunction.com/support>

<https://gretnajunction.com/support>

Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

Typeface license

DejaVu font software

Copyright: Copyright (c) 2003 by Bitstream, Inc. All Rights Reserved. Bitstream Vera is a trademark of Bitstream, Inc. DejaVu changes are in public domain.

Bitstream Vera font license Permission is hereby granted, free of charge, to any person obtaining a copy of the fonts accompanying this license ("Fonts") and associated documentation files (the "Font Software"), to reproduce and distribute the Font Software, including without limitation the rights to use, copy, merge, publish, distribute, and/or sell copies of the Font Software, and to permit persons to whom the Font Software is furnished to do so, subject to the following conditions:

The above copyright and trademark notices and this permission notice shall be included in all copies of one or more of the Font Software typefaces.

The Font Software may be modified, altered, or added to, and in particular the designs of glyphs or characters in the Fonts may be modified and additional glyphs or characters may be added to the Fonts, only if the fonts are renamed to names not containing either the words "Bitstream" or the word "Vera".

This License becomes null and void to the extent applicable to Fonts or Font Software that has been modified and is distributed under the "Bitstream Vera" names.

The Font Software may be sold as part of a larger software package but no copy of one or more of the Font Software typefaces may be sold by itself.

THE FONT SOFTWARE IS PROVIDED "AS IS", WITHOUT WARRANTY OF ANY KIND, EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO ANY WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE AND NONINFRINGEMENT OF COPYRIGHT, PATENT, TRADEMARK, OR OTHER RIGHT. IN NO EVENT SHALL BITSTREAM OR THE GNOME FOUNDATION BE LIABLE FOR ANY CLAIM, DAMAGES OR OTHER LIABILITY, INCLUDING ANY GENERAL, SPECIAL, INDIRECT, INCIDENTAL, OR CONSEQUENTIAL DAMAGES, WHETHER IN AN ACTION OF CONTRACT, TORT OR OTHERWISE, ARISING FROM, OUT OF THE USE OR INABILITY TO USE THE FONT SOFTWARE OR FROM OTHER DEALINGS IN THE FONT SOFTWARE.

Except as contained in this notice, the names of Gnome, the Gnome Foundation, and Bitstream Inc., shall not be used in advertising or otherwise to promote the sale, use or other dealings in this Font Software without prior written authorization from the Gnome Foundation or Bitstream Inc., respectively. For further information, contact: fonts at gnome dot org.

Keep the list short and the method clear

Choose five counted ingredients, then pay attention to what each one contributes. Five Ingredient Meals uses packaged staples and fresh components in tomato mozzarella gnocchi, pork medallions with apples and cabbage, coconut chickpea sweet potato curry, and nine other meals. The collection explains its pantry exclusions clearly: water, salt, and black pepper do not count toward the five, while oil does when listed. Technique notes cover reading labels, using packaged ingredients, and building texture through cooking. Measured instructions, substitutions, menus, and shopping guidance help with the practical details. Junction Table by CrownThrive, LLC brings a focused approach to meals with shorter ingredient lists and distinct flavors.

- Follow five counted ingredients per recipe with explicit water, salt, and pepper exclusions.
- Simmer shelf-stable gnocchi in tomato sauce and soften mozzarella under a lid.
- Sear pork medallions, then cook apples and cabbage with Dijon mustard.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Coconut Chickpea Sweet Potato Curry

AI-generated realistic food artwork