1. **Recipe Table**
   * Fields: RecipeID, Name, Cost
   * List: List of all recipes
2. **Ingredient Table**
   * Fields: IngredientID, Name, Cost, QuantityInStock
   * List: List of all ingredients
3. **RecipeIngredient Table**
   * Fields: RecipeID, IngredientID, Quantity
   * List: List of all recipe-ingredient relationships

Now, let's document these tables:

1. **Recipe Table**: This table stores information about each recipe. Each recipe has a unique RecipeID, a Name, and a Cost. The Cost is calculated based on the ingredients used in the recipe.
2. **Ingredient Table**: This table stores information about each ingredient. Each ingredient has a unique IngredientID, a Name, a Cost, and a QuantityInStock. The Cost is the cost per unit of the ingredient, and the QuantityInStock is the current quantity of the ingredient in stock.
3. **RecipeIngredient Table**: This table stores information about the ingredients used in each recipe. Each row in the table represents a relationship between a recipe and an ingredient, with the RecipeID and IngredientID indicating the recipe and ingredient, and the Quantity indicating the quantity of the ingredient used in the recipe.

The relationships between these tables are as follows:

* Each Recipe can have multiple Ingredients, and each Ingredient can be used in multiple Recipes. This is a many-to-many relationship, which is represented by the RecipeIngredient table.
* Each RecipeIngredient is associated with one Recipe and one Ingredient. This is a one-to-one relationship.