

Shopping List by Recipe: March Week #4

<p>Recipe #1: Vegetarian Pho</p> <ul style="list-style-type: none">• 1 ½ large onion• fresh ginger root• 3-inch cinnamon stick• 1 star anise• 2 cloves• coriander seeds• 4 cups vegetable stock• 2 teaspoons soy sauce• 4 carrots• 1/2 pound dried flat rice noodles (known as bánh phở; use 1/16", 1/8", or 1/4" width depending on availability and preference)• Protein such as fried or baked tofu, bean curd skin, or seitan• Mushrooms• Vegetables such as bok choy, napa cabbage, or broccoli• 2 scallions• 1 chile pepper (Thai bird, serrano, or jalapeño)• 1 lime• 1/2 cup bean sprouts• Large handful of herbs: cilantro, Thai basil, cilantro/saw-leaf herb• Hoisin sauce, sriracha (optional)	<p>Recipe #2: Cous Cous with Chickpeas</p> <ul style="list-style-type: none">• 1 large fennel bulb with fronds• 3 tablespoons olive oil• 1/2 teaspoon ground coriander• 1 1/2 cups (or 1 15-ounce can) cooked and drained chickpeas• Kalamata olives• 1/2 lemon• 1 orange• 1 cup couscous
<p>Recipe #3: Wild Rice Burgers</p> <ul style="list-style-type: none">• wild rice• olive oil• small onion• celery• 1 clove garlic• breadcrumbs• shredded aged Asiago cheese• dried oregano• dried thyme• paprika• cayenne pepper• 2 large eggs• Buns• condiments	<p>Recipe #4: Tortellini and Spring Vegetables</p> <ul style="list-style-type: none">• 1 package tortellini (8 ounce) (or any fresh stuffed pasta)• 1 pound asparagus• 1 cup shelled peas (fresh or frozen)• 3 cups fresh spinach• 4 radishes, sliced• 1 tablespoon fresh chives, chopped• 1/4 cup pine nuts• Herb and garlic goat cheese• 1 tablespoon red wine vinegar• 1/4 cup olive oil

<ul style="list-style-type: none">• frozen sweet potato fries	
Recipe #5: Ratatouille and Polenta <ul style="list-style-type: none">• 4 large tomatoes• 8 large garlic cloves• 1 cup chopped fresh flat-leaf parsley• 20 fresh basil leaves, torn in half• olive oil• 2 lb eggplant, cut into 1-inch cubes• 2 large onions• 3 assorted bell peppers• 4 medium zucchini• Polenta (cornmeal)	

Entire Shopping List: March Week #4

Produce	Grains & Legumes
<ul style="list-style-type: none"> • 4 large onions (#1,3 and 5) • fresh ginger root (#1) • 4 carrots (#1) • Protein such as fried or baked tofu, bean curd skin, or seitan(#1) • Mushrooms(#1) • Vegetables such as bok choy, napa cabbage, or broccoli(#1) • 2 scallions(#1) • 1 chile pepper (Thai bird, serrano, or jalapeño)(#1) • 1 lime(#1) • 1/2 cup bean sprouts(#1) • Large handful of herbs: cilantro, Thai basil, culantro/saw-leaf herb (#1) • 1/2 lemon (#2) • 1 orange (#2) • 1 large fennel bulb with fronds (#2) • celery(#3) • 10 clove garlic(#3 and 5) • 1 package tortellini (#4) • asparagus (#4) • peas (fresh or frozen)(#4) • fresh spinach(#4) • 4 radishes (#4) • fresh chives (#4) • (#1) • 4 large tomatoes (#5) • 1 cup fresh flat-leaf parsley (#5) • 20 fresh basil leaves (#5) • 2 lb eggplant (#5) • 3 assorted bell peppers • 4 medium zucchini (#5) 	<ul style="list-style-type: none"> • 1/2 pound dried flat rice noodles (#1) • couscous (#2) • 1 1/2 cups (or 1 15-ounce can) cooked and drained chickpeas (#1) • wild rice (#3) • breadcrumbs (#3) • pine nuts (#3) • polenta (cornmeal) (#3)
Dairy	Canned Goods
<ul style="list-style-type: none"> • shredded aged Asiago cheese (#3) • 2 large eggs (#3) • Goat Cheese (#4) 	
Frozen Goods	Miscellaneous

	<ul style="list-style-type: none">• 3-inch cinnamon stick (#1)• 1 star anise (#1)• 2 cloves (#1)• coriander seeds (#1)• 4 cups vegetable stock (#1)• 2 teaspoons soy sauce (#1)• Hoisin sauce, sriracha (optional) (#1)• Kalamata olives (#2)• ground coriander (#2)• olive oil (#3, 4 and 5)• dried oregano (#3)• dried thyme (#3)• paprika (#3)• cayenne pepper (#3)• Buns (#3)• Veggie burger condiments (#3)• frozen sweet potato fries (#3)• red wine vinegar (#4)
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