

## Shopping List by Recipe: March Week #1

|  |   |
|--|---|
| <p><b>Recipe #1:</b> Sweet Potato Black Bean Tacos</p> <ul style="list-style-type: none"><li>• 1 large sweet potato</li><li>• 1 cup black beans (I used dried and cook them in the pressure cooker, canned are okay too)</li><li>• Spices (cumin, curry powder, chili, salt and pepper)</li><li>• ¼ cup yellow onion, diced</li><li>• 1 pablano pepper</li><li>• 4 small tortillas (corn or flour are ok)</li><li>• shredded mexican cheese</li><li>• cabbage or lettuce</li><li>• avocado</li><li>• lime wedges</li><li>• cilantro</li><li>• sour cream</li></ul> | <p><b>Recipe #2:</b> Vegetarian Pad Thai</p> <ul style="list-style-type: none"><li>• Rice noodles</li><li>• Egg</li><li>• Veggies (peppers, onions, mushrooms)</li><li>• Rice noodles</li><li>• Peanut oil (for frying tofu)</li><li>• Tofu</li><li>• Veggies (peppers, onions, mushrooms)--optional</li><li>• Egg</li><li>• Tamarind paste</li><li>• Brown Sugar</li><li>• Sambal Oelek chili paste</li><li>• Fish sauce</li><li>• rice vinegar</li><li>• Peanuts</li><li>• Green onions</li><li>• Shredded carrots</li><li>• Cilantro</li><li>• Bean Sprout</li></ul> |
| <p><b>Recipe #3:</b> Curried cauliflower soup</p> <ul style="list-style-type: none"><li>• 1 onion</li><li>• ginger root</li><li>• curry powder</li><li>• 3 c vegetable broth</li><li>• 1 can garbanzo beans (or dried)</li><li>• 1 can diced tomatoes</li><li>• chutney</li><li>• cilantro</li><li>• naan</li></ul>  | <p><b>Recipe #4:</b> Falafel</p> <ul style="list-style-type: none"><li>• 2 cups dried chickpeas (or canned)</li><li>• 1 small onion</li><li>• 1 bunch mints</li><li>• ½ bunch cilantro</li><li>• 3 cloves garlic</li><li>• 1 egg</li><li>• 1 piece bread</li><li>• cumin</li><li>• 2 lemons</li><li>• canola oil for frying</li><li>• 1 cucumber peeled and seeded</li><li>• 1 cup plain yogurt</li><li>• 1 pkg pita or flatbread</li></ul>   |
| <p><b>Recipe #5:</b> South African Bunny Chow</p> <ul style="list-style-type: none"><li>• 2 tablespoons vegetable oil</li><li>• 1 onion, finely chopped</li><li>• 1 tablespoon garlic paste</li><li>• 1 tablespoon ginger paste</li><li>• 1 carrot, diced (1/2 cups when diced)</li><li>• 1 small green pepper, diced (1/2 cup when diced)</li><li>• 1 large tomato, diced</li></ul>   |   |

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• 1 tablespoon curry powder ( may need more or less depending on the brand)</li><li>• 1/2 teaspoon turmeric, optional</li><li>• 1/2 teaspoon paprika, optional</li><li>• 1 cup canned chickpeas, drained</li><li>• 2 teaspoons tomato paste</li><li>• 1-2 cups water</li><li>• 1-2 teaspoons lemon juice</li><li>• salt</li><li>• cilantro for garnish</li></ul> |  |
|--|--|

## Entire Shopping List: March Week #1

| Produce   | Grains & Legumes   |
|---|--|
| <ul style="list-style-type: none"> <li>• 1 large sweet potato (#1)</li> <li>• 4 onions (#1, 3, 4, and 5)</li> <li>• 1 pablano pepper (#1)</li> <li>• cabbage or lettuce (#1)</li> <li>• avocado (#1)</li> <li>• lime (#1)</li> <li>• cilantro (all)</li> <li>• beggies (peppers, onions, mushrooms) (#2)</li> <li>• green onions (#2)</li> <li>• carrots (#2 and 5)</li> <li>• bean sprouts (#2)</li> <li>• ginger root (#3 and 5)</li> <li>• mint (#4)</li> <li>• garlic (#4 and 5)</li> <li>• lemon (#4 and 5)</li> <li>• cucumber (#4)</li> <li>• green pepper (#4)</li> <li>• 1 large tomato</li> </ul> | <ul style="list-style-type: none"> <li>• black beans (#1)</li> <li>• rice noodles (#2)</li> <li>• s (#1)</li> <li>• s (#3)</li> <li>• s (#4)</li> <li>• s (#3)</li> <li>• s (#3)</li> <li>• s (#1)</li> <li>• s (#2)</li> <li>• s (#2)</li> <li>• s (#2)</li> <li>• s (#4)</li> </ul>  |
| Dairy   | Canned Goods   |
| <ul style="list-style-type: none"> <li>• mexican cheese (#1)</li> <li>• sour cream (#1)</li> <li>• 2 eggs (#2 and 4)</li> <li>• plain yogurt (#4)</li> <li>• </li> </ul>  | <ul style="list-style-type: none"> <li>• 4 cans garbanzo beans (or dried) (#3, 4, 5)</li> <li>• diced tomatoes (#3)</li> <li>• chutney (#3)</li> <li>• tomato paste (#3)</li> </ul>  |
| Frozen Goods  | Miscellaneous  |
| <ul style="list-style-type: none"> <li>• s (#1)</li> <li>• s (#5)</li> <li>• s (#1)</li> <li>• s (#3)</li> <li>• s (#4)</li> <li>• s (#3)</li> <li>• s (#3)</li> <li>• s (#1)</li> <li>• s (#2)</li> <li>• s (#2)</li> <li>• s (#2)</li> <li>• s (#4)</li> </ul>  | <ul style="list-style-type: none"> <li>• cumin, curry powder, chili (#1, 3, 4, 5)</li> <li>• salt and pepper (all)</li> <li>• tortillas (#1)</li> <li>• peanut oil (#2)</li> <li>• tofu (#2)</li> <li>• tamarind paste (#2)</li> <li>• brown sugar (#2)</li> <li>• chili paste (Sambal Oelek) (#2)</li> <li>• fish sauce (#2)</li> <li>• rice vinegar (#2)</li> <li>• peanuts (#2)</li> <li>• vegetable broth (#3)</li> <li>• flatbread (#3 and 4)</li> <li>• bread or bread crumbs (#4)</li> <li>• vegetable/canola oil for frying (#4)</li> <li>• turmeric, paprika (#5)</li> <li>• bread, rolls (#5)</li> </ul> |