

SHOPPING LIST

From the store:		From the pantry:	
<input type="checkbox"/>	15-oz can of Cannelini or Northern Beans x2	<input type="checkbox"/>	Canola Oil
<input type="checkbox"/>	15-oz can of Chickpeas (garbanzo beans)	<input type="checkbox"/>	Cayenne Pepper
<input type="checkbox"/>	15-oz can of Diced Tomatoes	<input type="checkbox"/>	Cumin
<input type="checkbox"/>	2 bags of Baby Spinach	<input type="checkbox"/>	Dried Minced Onion
<input type="checkbox"/>	32-oz box of Vegetable Broth	<input type="checkbox"/>	Garam Masala
<input type="checkbox"/>	Bunch of fresh parsley or cilantro	<input type="checkbox"/>	Ginger Paste
<input type="checkbox"/>	Butternut Squash (whole or pre-cut)	<input type="checkbox"/>	Honey
<input type="checkbox"/>	Chickpea Flour	<input type="checkbox"/>	Italian Seasonings
<input type="checkbox"/>	Eggs	<input type="checkbox"/>	Minced Garlic
<input type="checkbox"/>	Ginger Root (if not using paste)	<input type="checkbox"/>	Olive Oil
<input type="checkbox"/>	Gluten-free Bread Crumbs or Quinoa	<input type="checkbox"/>	Pepper
<input type="checkbox"/>	Green Onions	<input type="checkbox"/>	Red Pepper Flakes
<input type="checkbox"/>	Ground Beef	<input type="checkbox"/>	Salt
<input type="checkbox"/>	Head of broccoli	<input type="checkbox"/>	Sesame seeds
<input type="checkbox"/>	Head of Cauliflower	<input type="checkbox"/>	Sriracha
<input type="checkbox"/>	Head of Garlic (if not using minced)	<input type="checkbox"/>	Tamari (gluten-free soy sauce)
<input type="checkbox"/>	Jalapeño peppers x2	<input type="checkbox"/>	Tumeric
<input type="checkbox"/>	Large tomato (plus more for salads)	<input type="checkbox"/>	
<input type="checkbox"/>	Onions x3	<input type="checkbox"/>	
<input type="checkbox"/>	Rice (Jasmine, Basmati, Long Grain)	<input type="checkbox"/>	
<input type="checkbox"/>	Russet Potatoes x2	<input type="checkbox"/>	
<input type="checkbox"/>	Salad stuff	<input type="checkbox"/>	
<input type="checkbox"/>	Sweet Potatoes x2	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
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<input type="checkbox"/>		<input type="checkbox"/>	

Menu:

Roasted Broccoli and White Beans

Sweet Potato Pakoras and salad

Slow cooker aloo gobi (spiced cauliflower and potatoes) with rice

Kung Pao Meatballs with rice and green beans

Slow Cooker Autumn Minestrone with salad or sandwiches