

COME COOK WITH US - FALL 2022 SESSION

SHOPPING LIST

SHEET PAN DINNER & HOME-MADE STOCK

- Potatoes 4 medium
- Carrots large bunch or bag (12)
- Celery one whole stalk
- Bag of Onions (6)
- Bell pepper (yellow or color of your choice)
- Garlic one head
- Fresh parsley one bunch
- Whole Chicken or Vegetarian (two 350g packages Firm Tofu)
- Lemon one whole
- Dijon mustard or mustard of your choice
- Olive or Canola oil
- Spices: oregano, thyme, Italian seasoning (no salt), salt, black pepper, peppercorns

LENTEL BOWL ADD

- Lentils (1 cup dried)
- Brown Rice (1 Cup dried)

COLORFUL COLESLAW ADD

- One head of cabbage
- Apple cider or rice wine vinegar
- Maple syrup or honey
- Low sodium soy sauce or alternative (coconut or Bragg's aminos)