

# Saving Dinner the Vegetarian Way Shopping List

Fall Menu — Week 6

## MENU:

**Day 1: Creamy Seashells**

**Day 2: Baked Potatoes Stuffed with Tofu**

**Day 3: Beany Tofu Barbecue**

**Day 4: Portobello Reubens**

**Day 5: Turnip Medley**

**Day 6: Albuquerque Sweet-and-Hot Potato Soup**

## CONDIMENTS

Olive oil

Vegetable oil

Dijon mustard

Barbecue sauce (16-18-oz. bottle) your favorite

Thousand Island salad dressing

\*\*Salad dressing, your favorite (4 meals)

\*\*Rice vinegar (2 meals)

\*\*Mayonnaise (2 meals)

## PRODUCE

2 (14-16-oz.) packages firm tofu

3 pounds onions (keep on hand)

2 bunches green onions

2 garlic heads

Mushrooms (2 pounds)

6 large Portobello mushroom caps

1 fresh jalapeno pepper

2 turnips

2 carrots \*\*Additional (1 meal)

3 large russet potatoes

5 sweet potatoes

1 bunch cilantro

4 limes (rind plus 2 tablespoon juice)

\*\*Salad toppings (4 meals)

\*\*Romaine lettuce (1 meal)

\*\*Baby greens (1 meal)

\*\*Spinach (2 meals)

\*\*Baby carrots (1 meal)

\*\*Coleslaw mix (1 meal)

\*\*Grape tomatoes (1 meal)

## CANNED GOODS

4 (14.5-oz.) cans low sodium vegetable broth

1 (14.5-oz.) can diced tomatoes

1 (15-oz.) can chickpeas

1 (12-oz.) jar roasted red bell peppers

1 (14.5-oz.) can sauerkraut

## SPICES

Basil

Thyme

Tarragon

Parsley

Oregano

Garlic powder

## DAIRY/DAIRY CASE

Butter

Skim milk

Heavy cream (3/4 cup)

Grated Parmesan cheese (5 tablespoons)

Shredded Cheddar cheese (1 1/2 cups)

Swiss cheese slices (9 ounces)

\*\*Blend of shredded Cheddar/Jack cheese (1 meal)

## DRY GOODS

12 ounces large pasta shells

3 cups brown rice

\*\*Raisins (1 meal)

\*\*Walnuts (1 meal)

## BAKERY

6 whole wheat buns

\*\*Whole grain rolls (3 meals)

\*\*Whole wheat tortillas (1 meal)

## FREEZER

1 (20-oz.) package frozen corn kernels



## SHOPPING LIST LEGEND

\*\* = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.