

# Fall Soups 09/11/2022

MENU ITEMS	RECIPE LINKS/NOTES
Italian Mushroom Barley Soup	
Moroccan Inspired Sweet Potato Stew	Serve with quinoa
Chocolate Tofu Mousse	Serve with strawberries/raspberries

## Shopping List

Produce	Quantity/Notes	Grains/Pasta/Bread	Quantity/Notes	Baking/Spices/Oils/Nuts	Quantity/Notes
Yellow onion	1 small	Pearled Barley	1 cup	Extra virgin olive oil	¼ cup
Garlic	1 head			Ground sumac	1 tbsp
Ginger	1 tbsp			Ground coriander	½ tsp
Cremini mushrooms	16oz			Ground cumin	1 tsp
				Dried thyme	1 tsp
				Dried rosemary	1 tsp
				Dried marjoram	2 tsp
				Bay leaf	1
Leek	1 large			Cayenne Pepper	
Carrots	2 medium (1c)			Maple syrup	3 tbsp
				Vanilla extract	1 tsp
				Dark chocolate	8 oz
Celery	2 stalks (1/2c)			<b>Frozen Foods</b>	<b>Quantity/Notes</b>
Parsnips	2 medium (1c)				
		<b>Canned Goods/Pantry</b>	<b>Quantity/Notes</b>		
		Chickpeas	15oz can		
		Diced tomatoes	2 15oz cans		
		Peanut butter	½ cup		
		Veg broth	6 cups		
		Tamari (soy sauce)	1 tbsp	<b>Meat/Dairy/Seafood</b>	<b>Quantity/Notes</b>
		Apple Cider Vinegar	1 tbsp	Silken tofu	16oz package
				Plain yogurt	