

# WEEK 4 SHOPPING LIST



## INGREDIENTS

### CANNED & DRY GOODS

- ☐ Whole-grain (“hulled”) barley (about 10 ounces for 1 ½ cups)
- ☐ Chopped walnuts (about 3 ounces for ½ cup)
- ☐ Bucatini or other long pasta (1 lb)
- ☐ Canned chickpeas (One 15-ounce can)
- ☐ Spanish or other short-grain white rice (about 14 ounces for 2 cups)
- ☐ Tomato paste (1 tube or small jar or can for 1 tablespoon)

### OILS & SPICES

- ☐ Olive oil
- ☐ Salt
- ☐ Pepper
- ☐ Paprika (3 teaspoons)
- ☐ Nutritional yeast (1 tablespoon)
- ☐ Saffron threads (optional)

### PRODUCE

- ☐ Garlic (1 large head)
- ☐ Onion (2)
- ☐ Red onion (1 large)
- ☐ Fresh parsley (a small bunch for garnishing)
- ☐ Ripe tomatoes (1 ½ pounds)
- ☐ Raw beets (12 ounces)
- ☐ Arugula, or trimmed, chopped beet greens if they came with the beets (about 3 ounces for 2 cups)

### LIQUIDS

- ☐ Vegetable stock (about 2 quarts total)
  - ☐ Dry white wine (½ cup)
- Note: You can substitute stock or wine with water

---

## EQUIPMENT

- |                                     |                                 |                           |
|-------------------------------------|---------------------------------|---------------------------|
| • Large pot                         | • Medium bowl                   | • Spatula                 |
| • Large (12-inch) ovenproof skillet | • Measuring spoons              | • Potato masher (or fork) |
| • Large saucepan                    | • Liquid and dry measuring cups | • Whisk or stick blender  |
| • Rimmed baking sheet               | • Colander                      | • Stirring utensil        |
| • Large bowl                        | • Ladle                         |                           |