

GRUB LATINOAMERICANO

●●●●● shopping list

PRODUCE

- 3 lime
- 1 small head green cabbage
- 1 radish
- 10 ounces whole Baby Bella mushrooms
- 2 jalapeno chile
- 2 large rip plantains
- 1 coconut for coconut milk (or canned)
- 3 medium red potatoes
- 1 onion
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- 10 cloves garlic
- 1 bunch cilantro

PANTRY

- Extra-virgin olive oil
- Coarse sea salt
- Pure maple syrup
- Quinoa
- Vegetable stock
- 1 can chipotle chile in adobo sauce
- One 28-ounce can whole tomatoes
- 2 bay leaves
- Dried unsweetened coconut
- Favorite hot sauce

PERISHABLES

- 8-inch whole wheat tortillas
- 8 ounces seitan
- Pepper jack cheese
- Sour cream
- Dijon mustard