

●●●●● shopping list

PRODUCE

- 8 plum tomatoes
- 1 large head romaine lettuce
- 4 large very ripe yellow plantains
- 2 lemons
- 2 oranges
- 2 ripe mangoes
- 2 jalapeno chile
- 4 large red bell peppers
- 1 green bell pepper
- yellow onion
- red onion
- 7 garlic cloves
- 1 bunch thyme
- ginger

SEITAN

- 1 pound seitan

PANTRY

- freshly ground black pepper
- freshly ground white pepper
- extra-virgin olive oil
- apple cider vinegar
- ½ cup golden raisins
- 1 cup (about 1 ounce) dried red sorrel
- 1 cup brown basmati rice
- ½ cup organic raw cane sugar
- Dijon mustard
- paprika
- ground allspice
- ground cumin
- red pepper flakes
- cayenne pepper