

# MARDI GRAS GRUB

## [PHAT TUESDAY]

### ●●●●● shopping list

#### PRODUCE

- Small green cabbage
- 2 large carrots
- 2 large green bell peppers
- 2 lemons
- 4 large russet potatoes
- 1 large yellow onion
- 1 bunch parsley
- 1 bunch sage
- 1 bunch rosemary
- 1 bunch thyme

#### PERISHABLES

- 1 pound tempeh
- 2 whole-wheat baguettes
- Passion fruit juice
- Orange-pineapple-banana juice
- Frozen blackberries

#### PANTRY

- Extra-virgin olive oil
- Coarse sea salt
- Freshly ground black pepper
- Balsamic vinegar
- Apple cider vinegar
- Tomato paste
- One 14.5-ounce can diced tomatoes
- Pure maple syrup
- Organic raw cane sugar
- Creole mustard OR whole-grain Dijon mustard
- Sesame seeds
- Onion powder
- Garlic powder
- Paprika
- Chili powder
- Red chile flakes
- Cayenne pepper
- Dried thyme
- Dried oregano
  
- Dark rum
- Light rum