

NEW MILLENNIUM SOUL FOOD

●●●●● shopping list

PRODUCE

- 2 pounds Yukon gold potatoes
- 2 large bunches collard greens
- 1 banana
- 1 lime
- 1 habanero chile
- 2 cloves garlic
- Ginger
- 1 bunch rosemary

PERISHABLES

- Plain soymilk
- Unflavored rice mild
- 2 pounds extra-firm tofu
- Orange juice

PANTRY

- Extra-virgin olive oil
- Freshly ground black pepper
- Freshly ground white pepper
- Course sea salt
- Fine sea salt
- Apple cider vinegar
- Tamari
- Canned tomato sauce
- 1 large can chipotle chile in adoblo sauce
- Raisins
- Organic corn oil
- Pure maple syrup
- Yellow cornmeal
- All-purpose flour
- Baking powder
- Organic raw cane sugar
- Cayenne pepper
- Ground cinnamon
- Ground cumin