



## *Shopping List for DIY FEST 2020*

*OCTOBER 10, 2020*

*4:00 PM*

### Recipe # 1 VEG-A-RONI

- Low sodium vegetable broth
- Nutritional yeast
- 1 jar marinara sauce
- 1lb of elbow noodles ( noodle of your choice)
- 1 medium onion
- 1 medium green and red pepper
- 1 garlic bulb
- 1 small zucchini
- 1 medium carrot
- 1 large tomato
- Mushrooms (optional)

***\*\*Extra if you want: TVP or Crumbles\*\****

### ***Recipe # 2 Sausage, Beans and Kale Soup***

- Pack Lightlife Sausage / Gardien
- 1 Medium onion
- 2 Carrots
- 2 Celery stalks
- 1 bulb garlic
- 1 low sodium vegetarian no chicken broth
- 1 bunch kale
- 2 (15.5 oz) can white beans
- Vegan parmesan cheese

### **Recipe # 3 Apple Cobbler**

- Apples
- Cinnamon
- Brown / raw sugar
- Earth Balance vegan butter / Country Crock Plant butter
- Lemon
- Nutmeg
- Flour
- Cornstarch
- Oatmeal
- Walk
- Walnuts or Nut of Your Choice