

Grocery List (Winter)

Produce

- yellow onions, red onions, shallots, leeks - for building flavor, quick pickling
- garlic - for building flavor, dressings, sauces
- greens for cooking - kale, chard, spinach, mustard greens, bok choy, broccoli rabe
- greens for salads - arugula, spinach, lettuces
- root vegetables - beets, carrots, parsnips, turnips - for salads, roasting, marinating, adding to soups/stews
- potatoes/sweet potatoes - for roasting, mashing, adding to soups/stews
- winter squashes - for roasting, mashing, adding to soups/stews
- cabbage - for slaw, braising, adding to soups/stews
- cauliflower/broccoli - for roasting, adding to bowls, soups, stews
- fennel - for salads, soups, braising
- mushrooms - for sauteing, roasting
- herbs - parsley, dill, cilantro, sage, rosemary, for garnishing and making pesto or salsa verde
- lemons/limes - for finishing dishes and dressings
- oranges - for salads, snacks, topping oatmeal
- apples - for apple sauce or to add to savory dishes

Pantry

- olive oil - for cooking and dressings
- vinegar - for dressings and general seasoning
- Miyoko's butter - to add richness to dishes
- tamari/coconut aminos - for sauces, building flavor
- canned tomatoes/tomato paste - for sauces, soups, stews
- coconut milk - for soups and stews
- beans - chickpeas, white beans, black beans, red beans, pinto beans, cranberry beans
- lentils - French lentils, black lentils, red lentils
- spices - chile flakes, smoked paprika, black pepper, coriander, curry, bay, etc.
- tofu - for marinating and roasting or sauteing
- nuts - cashews (mainly for creamy sauces), walnuts, pecans, hazelnuts
- seeds - pumpkin seeds, chia seeds
- pasta/noodles
- rice/farro/other grains
- nut butter - for snacks and sauces
- hot sauce

