



September Recipes

Sausage and Zucchini Pasta from Longbourn Farm
Vegetarian Pasta Fagioli from Cilantro and Citronella
Vegan Potato, Leek & Corn Chowder from Vegan Huggs
Italian Chicken Pasta Stir Fry from The Flavor Bender
Penne with Eggplant, Tomato and Basil from Salu Sal0

Produce

- onion (1) (1/2) (1)
- tomatoes (3)
- zucchini (2 C) (1)
- garlic cloves (3) (2) (2) (3) (3)
- carrot (1) (1 C)
- celery stalk (1) (2)
- baby spinach (4.5 oz)
- leek (1 large)
- red pepper (1)
- potatoes (4 medium)
- corn (2 C)
- limes (1-2)
- red onion (1/4) (1 small)
- eggplant (1 medium)
- tomatoes (1 1/4 lb)

Herbs

- fresh parsley (3 T) (2 T) (2 oz)
- fresh basil (3 T) (1 oz) (1 C)
- fresh thyme (6-7 sprigs)

Spices

- dried basil (1/2 t)
- dried parsley (1 t)
- dried thyme (1 t)
- bay leaf (1)
- cayenne pepper (1 t)
- crushed chili flakes (2 t) (1/4 t)

Dairy

- ricotta (1/2 C, optional)
- parmesan (topping) (1/2 C)

Pasta & Grains

- spaghetti or spaghetti squash (1 lb) (8 oz)
- short pasta (7 oz)
- penne (3/4 lb)

Meat

- sausage (1 lb)
- large chicken breasts (2)

Pantry Items

- tomato sauce/pureed tomatoes (15 oz)
- olive oil (1T) (1 1/2 T or coconut oil) (4 T) (1/4 C + 2 T)
- whole tomatoes (28 oz)
- white beans (20 oz)
- vegetable stock (1 C) (3 1/2 C)
- flour (3 T)
- coconut milk (1 C)
- red wine vinegar (1 t)
- white sugar (1/2 t)