



Vegetarian Dinner Ideas from Supper with Michelle

Vegetarian Greek Tacos

Vegetable Pot Pie

Potato Cauliflower and Leek Soup

Vegetable Barley Soup

Mediterranean Inspired Kale Salad

Produce

- cucumber (1) (1/2)
- red onion (1 small) (a few slices)
- cherry tomatoes (1 C) (1/2 C)
- red bell pepper (1/3 C)
- banana pepper (1 small)
- Romaine Lettuce (1 C) (2 C)
- lemon (1 for juice)
- garlic cloves (1/2 t) (2) (1)
- yellow onion (1 medium) (1 small)
- potato (1 medium) (2-3 C, fingerling) (2 small)
- celery (1/2 C) (2 stalks)
- peas (1/2 C, can be frozen)
- carrots (2 large) (2)
- white mushrooms (8 white)
- cauliflower florets (3 C)
- leeks (2 medium)
- kale (2 C) (4 C)

Herbs

- parsley (1 T)
- red chili flakes (pinch)

Spices

- dried basil (1/4 t) (1/2 t)
- oregano (1/4 t) (1/2 t)
- bay leaf (1) (1)
- dill (1 t)
- nutmeg (pinch)
- garlic powder (1/2 t)
- onion powder (1/4 t)

Dairy

- plain greek yogurt (2/3 C)
- feta (topping) (3 T)
- half and half or milk (1 C) (1/2 C)
- butter (4 t) (5 T)
- egg (1 for wash)

Pasta & Grains

- pearl barley (1/2 C)

Beans + Lentils

- green or brown lentils (1/2 C)

Bread & Tortillas

- soft tortillas (6-8)
- puff pastry sheet (1)

Pantry Items

- green olives (1/2 C)
- Greek olives (1/2 C) (1/2 C)
- olive oil (drizzle) (3 T) (3 T)
- vegetable broth (2 C) (1 C) (4 C) (7 C)
- flour (1/4 C) (1/4 C)
- red wine vinegar (2 T)
- dijon (1/2 t)