



Versatile Veggies

Shopping and Equipment List

Shopping List:

- 3 Limes
- 4 Bell peppers (red, green, yellow or orange)
- 2 Green onions
- 1 Small white onion
- 1 Bunch fresh cilantro
- 2 Ripe avocados
- 2 Garlic cloves or use garlic powder *
- 8 Whole wheat large tortillas
- Cheddar cheese (500 mL, approx. 250 g)
- Low fat sour cream or plain Greek yogurt (optional, may be left-over)
- Frozen corn (500 mL, approx. 300 g)
- 2-540 mL Cans pinto beans
- 2-540 mL Cans black beans
- Salsa (optional, may be left-over)
- 1/3 cup (80 mL) apple cider vinegar
- Canola oil *
- Cumin *
- Chili powder *
- Salt and pepper *
- Pasteurized honey *

Equipment List:

- 2 Can openers
- Cheese Grater
- 5 Cutting boards
- Electric Skillet
- 5 Knives
- Mixing bowl (large)
- Mixing bowl (medium)
- Mixing bowl (small)
- Pizza cutter
- Potato masher
- 2 Sets of dry measuring cups
- 2 Sets of measuring spoons
- 4 Spoons
- 2 Strainers
- Flipper
- Large spoon
- Whisk
- Small plates for sampling
- Large plate and a bowl for serving

* Frequently used ingredients from Staples List

Let's Get Cookin'!