



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Community Beginner Class: Week 2

Shopping List

RECIPES FOR CLASS

Group 1

White Bean Shakshuka – Virtual
Tropical Carrot Smoothie

ALLERGENS

Dairy, Wheat, Egg
Dairy

RESTRICTIONS

Vegetarian
Vegetarian

SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dairy	Egg, large	4	each
	Dairy	Feta Cheese, crumbled	3	ounces
	Dairy	Unsweetened Alternative Milk or Milk	1 ½	cups
	Dry	Crushed Tomatoes, no salt added	15 ounce	can
	Dry	Olive or Canola Oil	½	Tbsp
	Dry	Whole Wheat Baguette or bread	8	slices
	Fresh or Frozen	Bananas, over-ripe	2	medium
	Fresh or Frozen	Carrots, or Butternut Squash peeled	1	cup
	Frozen	Mango, frozen dices	1	cup
	Produce	Bell Pepper, any color	1/2	each
	Produce	Fresh Parsley or Cilantro	1/4	bunch
	Produce	Garlic cloves	4	each
	Produce	Ginger, freshly minced	1"	piece
	Produce	Lime or Lemon	1	each
	Produce	Yellow Onion	1/2	medium
	Spice	Coriander, ground	½	tsp
	Spice	Cumin, ground	½	tsp
	Spice	Kosher Salt	⅛	tsp
	Spice	Red Pepper Flakes	⅛	tsp
	Spice	Smoked Paprika	½	tsp