



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Community Beginner Class: Week 4

Shopping and Equipment List

RECIPES FOR CLASS

Group 1

Black Bean Veggie Burgers
Balsamic Marinated Mushrooms

ALLERGENS

Egg, Dairy, Wheat Vegetarian
Vegetarian

RESTRICTIONS

SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dairy	Egg, large	1	each
	Dairy	Sharp Cheddar Cheese, pre-shredded	1/2	cup
	Dry	Balsamic Vinegar	3	Tbsp
	Dry	Black Beans, no salt added, 15 oz can	1	can
	Dry	Cooking Spray	As needed	
	Dry	Extra Virgin Olive Oil	1/4	cup
	Dry	Honey	1	Tbsp
	Dry	Whole Wheat Breadcrumbs	3/4	cups
	Dry	Whole Wheat Hamburger Bun	6	each
	Produce	Garlic	3	cloves
	Produce	Greens, spinach, or arugula	2	cups
	Produce	Mushrooms, cremini or button	8	oz
	Produce	Red Bell Pepper	1/2	each
	Produce	Tomato, globe or vine	2	each
	Produce	Yellow or Red Onion, medium	1/2	each
	Spice	Black Pepper, ground	1/2	tsp
	Spice	Cayenne Pepper	1/8	tsp
	Spice	Cumin, ground	1	Tbsp
	Spice	Oregano, dried	1	tsp
	Spice	Red Pepper Flakes	1	tsp
	Spice	Salt, Kosher	1/4	tsp