



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Community Beginner Class: Week 1

Shopping List

RECIPES FOR CLASS

Group 2

Tacos with Beef and Beans
Salad with Red Wine Vinaigrette

ALLERGENS

Dairy, Soy
Dairy

RESTRICTIONS

Vegetarian

SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dairy	Feta Cheese, crumbled	1/4	cup
	Dairy	Sharp Cheddar Cheese, pre-shredded	1/3	cup
	Dry	Black Beans, no salt added, 15 oz can	1	each
	Dry	Corn Tortillas	12	each
	Dry	Dijon Mustard	1	Tbsp
	Dry	Extra Virgin Olive Oil	1/2	cup
	Dry	Honey	1	Tbsp
	Dry	Olive Oil	1	Tbsp
	Dry	Red Wine Vinegar	1/4	cup
	Dry	Sunflower Seeds, unsalted	1/4	cup
	Dry	Worcestershire Sauce (vegan)	1	tsp
	Produce	Bell Pepper, any variety	1/2	each
	Produce	Carrot	1	each
	Produce	Cilantro, fresh	1/4	bunch
	Produce	Green Onion (Scallion)	2-3	stalks
	Produce	Mixed Greens or Baby Spinach	8	cups
	Produce	Mushrooms, cremini or button	8	oz
	Produce	Romaine Lettuce	1/4	head
	Produce	Tomato, globe or roma	1	each
	Produce	Yellow Onion, medium	1	each
	Protein	Ground Beef, 90/10	1/2	lb
	Spice	Garlic Powder	1	tsp
	Spice	Oregano, dried	1/2	tsp
	Spice	Salt-Free Taco Seasoning	4	Tbsp
	Spice	Salt, Kosher	1	tsp
	Spice	Thyme, dried	1/2	tsp



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Spices Needed for Salt-Free Taco Seasoning

	Spice	Chili Powder	3	Tbsp
	Spice	Onion Powder	3	Tbsp
	Spice	Cumin	1	Tbsp
	Spice	Coriander	1	Tbsp
	Spice	Garlic Powder	1	Tbsp