

JANUARY SHOPPING LIST

SAVE  MORE
THAN FOOD
MAKE A DIFFERENCE

- Potatoes:** 1 medium potato for the Leek and Potato Soup and additional potatoes for roasting in the Leftover Roasted Vegetable Frittata.
- Leeks:** 2 leeks for the Leek and Potato Soup. When choosing leeks, select ones with long, straight white and light-green stalks and bright green tops. The stalks should be firm.
- Onions:** 2 onions, one for the Leek and Potato Soup and one for the Vegetable Stir-Fry. Choose onions that are completely covered by their papery skin.
- Vegetable stock cube:** Or 1 quart of vegetable stock
- Milk:** Skim milk is used in the recipes, but use whichever milk you prefer.
- Root vegetables:** You will need enough root vegetables (carrots, beets, turnips, potatoes and winter squash) for 1 cup of roasted vegetables to use in the Leftover Roasted Vegetable Frittata. See below for options.
- Eggs:** 6 eggs for the Vegetable Frittata
- Garlic:** 2 cloves for the Vegetable Stir-Fry. A jar of garlic kept in the fridge lasts 3-6 months and is an affordable way to always have garlic on hand.
- Stir-Fry vegetables:** You will need 3 cups total see below for options.
- Low-sodium soy sauce**
- Sesame oil**
- Rice vinegar**
- Honey or sugar**
- Cornstarch**
- Ginger:** Fresh or dried can be used for the Vegetable Stir-Fry.
- Rice or noodles:** To serve with the Vegetable Stir-Fry

OPTIONAL

- Fresh chives:** Optional garnish for the Leek and Potato Soup
- Grated cheese:** Optional 1/4 cup for the Leftover Roasted Vegetable Frittata
- Fresh herbs:** Optional addition to the Leftover Roasted Vegetable Frittata

PANTRY STAPLES

Always keep vegetable oil, olive oil, salt and pepper on hand for most recipes.

SUGGESTED VEGETABLES



Potatoes: A long shelf life and they can be used in a variety of dishes including the Leek and Potato soup and the Roasted Vegetable Frittata.



Carrots: An affordable option and they can be used in the Vegetable Frittata and Stir-Fry.



Turnips: Good for roasting and can be used in the Frittata recipe. Choose heavy turnips without soft spots.



Winter squash: Great for roasting and turning into soups, gnocchi and curry, and they can be used in the Frittata recipe. Choose from butternut, spaghetti, acorn, Hubbard or pumpkin.



Broccoli: Great for roasting, and you can use the whole broccoli by including stems and florets in both the Vegetable Frittata and Stir-Fry.



Peppers: Excellent in stir-fry recipes and a great pre-dinner snack for kids and parents, alike!



Mushrooms: Perfect to use up for the Vegetable Frittata and the Stir-Fry.

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