

SESSION 3

Shopping List

Produce

- 1 yellow onion, large
- 1 red bell pepper
- Garlic
- 2 zucchini, medium
- 2 poblano peppers
- 2 limes
- 1 bunch cilantro
- 1 purple cabbage
- 10oz shredded carrots
- 1 bunch scallions (green onions)

Meat/Poultry

- 1 pound ground turkey, 93% lean

Dairy

- Queso fresco cheese

Center aisles*

- Pepper
- Kosher salt
- Honey
- Pepitas (pumpkin seeds)
- 1 can white hominy, 15 oz
- 1 can navy beans (or other white beans), 15.5 oz
- 24 ounces chicken broth, low sodium

**You may already have some of these items in your pantry*

- Canola oil
- Olive oil
- Dried oregano
- Ground cumin
- Ground coriander seeds
- Chile powder