**Cauliflower Giombatta with Golden Faro**

**Produce**

9 oz. sliced mushrooms

1 large yellow onion

red bell pepper

1 large head cauliflower

1 lemon

**Canned/Dried Foods**

1 C. dried emmer/faro

one 15 oz. can tomato sauce

one 15 oz. can no-salt chopped tomatoes

red wine to cook with (if needed)

white wine to cook with (if needed)

pitted Calamata olives (if needed)

***Frozen Foods***

None today

**Meat/Fish/Poultry**

None today

**Chilled Foods/Dairy**

 Field-Roast apple sausage

1 block Parmesan or shredded Parmesan