**Tuesday, Hot n Sour Kale Stir Fry**

**Produce**

garlic (if needed)

1 red onion    
  
1 bunch lacinato kale

5 oz. Crimini mushrooms   
  
1 thumb fresh ginger

1 medium tomato

**Canned/Dried Foods**

brown rice(if needed)

low sodium vegetable broth (if needed)

low sodium soy sauce(if needed)

one 6 oz. can sliced water chestnuts (if needed)

sesame oil(if needed)

white vinegar(if needed)

granulated sugar(if needed)

cornstarch (if needed)

cayenne pepper(if needed)

**Frozen Foods**

frozen peas (if needed)

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

16 oz. plain, ultra-firm tofu *(if making homemade marinated tofu.)*

one package Asian flavored baked tofu *(if not making homemade marinated tofu.)*

eggs(if needed)