**Sunday, Spinach/Potato Masala Curry**

**Produce** garlic (if needed) 1 cucumber   
1 sweet onion   
one bunch green onions  
8 oz. Crimini mushrooms  
1 piece fresh ginger root  
one 12 oz. bag baby spinach  
9 oz. Yukon Gold potatoes  
2 large slicing tomatoes  
1 bunch curly parsley  
1 lime

**Canned/Dried Foods** rice wine vinegar (if needed)  
one 32 oz. box low sodium vegetable broth

red pepper flakes (if making masala spice)  
 cinnamon sticks (if making masala spice)  
 cumin seeds (if making masala spice)  
 whole pepper corns (if making masala spice)  
 whole cloves (if making masala spice)  
 fennel seeds (if making masala spice)  
 corriander seeds (if making masala spice)  
 ground ginger powder (if making masala spice)  
ground turmeric (if needed)

**Frozen Food**(none today) **Meat/Fish/Poultry**(none today) **Chilled Foods/Dairy** one 16 oz. package ultra-firm tofu   
or  
2 packages Marinated Baked Savory Flavored Tofu   
  
plain, nonfat yogurt

**Additional Items** naan bread