**Week 2 Irish Stew  
Produce**

garlic (if needed)

1 yellow onion

celery (if needed)

1 green bell pepper

4 oz. cremini mushrooms

1 bunch beets with greens

2 carrots

2 russet potatoes

6 oz. green beans (if none available, use frozen)

1 apple

**Canned/Dried Foods**

 one 32 oz. box low-salt veggie broth

sesame oil (if needed)

low sodium soy sauce (if needed)

basil leaves  (if needed)

oregano leaves  (if needed)

bay leaf  (if needed)

rosemary leaves  (if needed)

savory leaves (if needed)

**Frozen Foods**

green beans (if no fresh available)

**Meat/Fish/Poultry**

8 oz. round steak (if eating meat)

**Chilled Foods/Dairy**

milk (if needed)

16 oz. ultra firm tofu (if meatless)