**Lentil Ragout**

**Produce**

garlic *(if needed)*

1 yellow onion *(if needed)*

one bunch red kale

4 crimini mushrooms

3 medium red potatoes

2 large carrots

2 large oranges

**Canned/Dried Foods**

brown or green lentils *(if needed)*

one 32 oz. box low-sodium veggie broth

good extra-virgin olive oil*(if needed)*

balsamic vinegar *(if needed)*

bay leaf *(if needed)*

ground cumin*(if needed)*

**Frozen Foods**Beyond Meat Hot Italian Sausage (plant-based option)

**Meat/Fish/Poultry**2 Italian sausages of choice (if eating meat)

**Chilled Foods/Dairy**

plain, non fat yogurt *(if needed)*

Field Roast Apple Sausage or similar plant-based product *(plant-based option)*

**Additional Items**

Artisan, whole-grain bread