**White Bean and Kale Curry**

**Produce**

garlic (if needed)

1 yellow onion

1 bunch lacinato kale

fresh cilantro (if needed)

1 bunch curly parsley

1 red bell pepper

5 oz. crimini mushrooms

5 oz. fresh pineapple chunks *(if none available use canned)*

1 lime

1 oz. slivered almonds

**Canned/Dried Foods**

Quinoa (if needed)

low sodium veggie broth(if needed)

one 15 oz. can great northern beans

one 8 oz. can pineapple chunks *(if no fresh available)*

Garahm Masala Curry powder *(if needed)*

low sodium soy sauce (if needed)

rice wine vinegar(if needed)

cornstarch(if needed)   
  
white wine to cook with (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**