**Adzuki Beans, Roasted Tomatoes and Cornbread**

**Produce**
garlic (if needed)

1 sweet onion

1 bunch green onions

1 cucumber

2 large slicing tomatoes

**Canned/Dried Foods**
1 lb. dry Adzuki beans

cornmeal (if needed)

canola oil *(if needed)*

low sodium vegetable broth(if needed)

rice wine vinegar (if needed)

unbleached flour (if needed)

baking soda *(if needed)*

molasses (if needed)

bay leaf *(if needed)*

ground cinnamon (if needed)

dry oregano leaves(if needed)

white wine to cook with(if needed)

**Frozen Foods**

frozen corn (if needed)

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

eggs (if needed)

12 oz. buttermilk

smoky tempeh