**Basic Pasta Marinara**

**Produce:**

1 head garlic

1 med. yellow onion

1 green pepper

1 red pepper

1 head red-leaf lettuce

1 cucumber

1 pint cherry tomatoes

**Canned/Dried Food:**

one 15 oz. can tomato sauce

one 15 oz. can no-salt tomato sauce

dry oregano leaves (if needed)

dry basil leaves(If needed)

Tabasco Sauce (if needed)

inexpensive red wine to cook with(if needed)

8 oz. spaghetti of choice

one 15 oz. can garbanzo beans

**Frozen Foods:**

none today

**Meat Fish Poultry:**

none today

**Chilled Food/Dairy:**

shredded Parmesan (if needed)