Beverages

◯ Red wine 1.5 cups (360ml)

Condiments & Spices

◯ Bay leaves 4 leaves

◯ Lime juice 2-3 tbsp

Rice, Cereal & Legumes

◯ Navy beans 2 cans (30oz/850g)

◯ Pinto beans 4 cans (60oz/2400g)

Canned Goods

◯ Chipotle peppers in adobo 4 units

◯ Tomato paste 4 tbsp

◯ Vegetable broth 4 cups

◯ Whole peeled tomatoes 56oz (1600g)

Dairy

◯ Shredded vegan cheese or Vegan Queso 1 pack

◯ Vegan sour cream or diced avocado 1 unit

Vegetables

◯ Jalapenos 4 units

◯ Scallions or Cilantro 2 cups (24g)

◯ Yellow Onion 2 large