



THE CULINARY EXCHANGE®
A Very Merry Vegan
Christmas Dinner
Shopping List

<input checked="" type="checkbox"/>	Item	Total Amount Used In Recipes	Found In...
	Vegetables		
	Mixed Mushrooms	4lb	Mushroom and Tofu Stroganoff
	Jerusalem Artichokes (Sunchokes)	3 lb	Jerusalem Artichoke Soup
	Peppery Greens	¼ lb or 2 large handfuls	Jerusalem Artichoke Soup
	Garlic	5 Cloves	Mushroom and Tofu Stroganoff Wilted Spinach Herbed Farro
	Spinach	2 lb	Wilted Spinach
	Sweet Onions	2 large	Mushroom and Tofu Stroganoff Wilted Spinach
	Candy Cane Beets	4lbs	Candy Cane Beets
	Shallots	2 medium	Jerusalem Artichoke Soup
	Fruits		
	4 pink or white grapefruits		Grapefruit Supremes and Mint Syrup
	Fresh orange juice	1 cup	Candy Cane Beets
	Herbs		
	Fresh Mint	1 oz	Grapefruit Supremes and Mint Syrup
	Fresh Tarragon	1 oz	Mushroom and Tofu Stroganoff
	Dried Oregano	2 tbsp	Candy Cane Beets
	Vegan Dairy		
	Vegan margarine for baking (60-80% fat)	10 tbsp	Herbed Farro Bread Pudding
	Vegan sour cream or plain vegan yogurt	1 cup	



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	Almond Milk	5 cups	Bread Pudding
	Soy Whipping Cream	1 cup	Bread Pudding
	Soy Cream	2 cups	Mushroom and Tofu Stroganoff Jerusalem Artichoke Soup
	Bread		
	If not baking - 2 medium vegan Brioche		Bread Pudding
	General		
	Broth – Vegetable	12 cups (3 quarts)	Mushroom and Tofu Stroganoff Jerusalem Artichoke Soup Herbed Farro
	Macadamia Nuts	¼ cup	Jerusalem Artichoke Soup
	Cashews	¼ cup	Jerusalem Artichoke Soup
	Brown or Demerara Sugar	1 cup + 12 tbsp	Grapefruit Supremes and Mint Syrup Bread Pudding
	1 block of firm tofu	12 oz	Mushroom and Tofu Stroganoff
	Flour	3 cups plus 3 tbsp	Mushroom and Tofu Stroganoff Bread Pudding
	Olive Oil	Have plenty on hand	
	Salt and Pepper	Have plenty on hand	
	Corn Starch	4 tbsp	Bread Pudding
	Vanilla Extract		
	Raisins	4 oz	Bread Pudding
	Dried apricots	8 oz	Bread Pudding
	Dried Yeast	2 tsp	Bread Pudding
	Spices		
	Cinnamon	2 tsp	Bread Pudding
	Ground Ginger	1 tsp	Bread Pudding
	Wine/Alcohol		
	Amaretto	¼ cup	Bread Pudding
	Other Goods		



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	That May Be Needed		
	Paper Napkins		
	Centerpieces for Table		
	Table Cloth		
	Place Mats		

Notes:



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