



THE
CULINARY EXCHANGE
VEGETARIAN THANKSGIVING SHOPPING LIST

Baking

- baking powder *1 tbsp*
- chocolate, dark *6 oz*
- cornmeal *2 cups*
- flour *5 2/3 cups*
- flour, whole wheat *1 cups*
- sugar *2 2/3 cups*
- sugar, light brown *1 cup*
- syrup, light corn *1/2 cup*
- yeast *1 tsp*

Beans, Grains and Rice

- quinoa *1 cup*

Canned goods

- canned beans, white *8 oz*

Condiments & sauces

- cranberry relish/compote *1/2 cup*
- grainy mustard *2 tbsp*

Dairy

- butter *2 1/2 cups*
- buttermilk *1 1/4 cups*
- cheese, blue *8 oz*
- cream, whipping *2 1/2 cups*
- eggs *9*
- milk *2 1/2 cups*
- milk, sweetened condensed *1 can*

Dried fruit

- dried cranberries *1/4 cup*
- raisins *1/2 cup*



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Frozen foods

- dough, puff pastry *6 sheets*

International & ethnic

- harissa *1/2 tsp*
 tofu, extra firm *1 lb or 1 block*

Nuts

- walnuts *3/4 cup*

Oil & vinegar

- oil, olive *2 cups*
 vinegar, apple cider *2 tbsp*

Other

- tablecloth
 napkins
 wine
 soft drinks

Produce

- Brussels sprouts *1 lbs 8 oz*
 celery *1 stalk*
 fennel *1 medium*
 fennel *1 small*
 fresh mint *1 oz*
 garlic *1 clove*
 grapefruit, pink *2*
 green apples *6*
 lemons *3*
 mushrooms, white *1.5 lbs*
 onions, sweet *2 small*
 oranges *2*



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- | | | |
|--------------------------|------------------|----------------------|
| <input type="checkbox"/> | parsley | <i>1 bunch</i> |
| <input type="checkbox"/> | parsnips | <i>2 lbs</i> |
| <input type="checkbox"/> | pineapple | <i>1</i> |
| <input type="checkbox"/> | pomegranates | <i>1</i> |
| <input type="checkbox"/> | potatoes, sweet | <i>1 lbs 8 oz</i> |
| <input type="checkbox"/> | pumpkin | <i>1</i> |
| <input type="checkbox"/> | shallots | <i>1 small</i> |
| <input type="checkbox"/> | thyme, fresh | <i>1/2 tsp</i> |
| Soups & broth | | |
| <input type="checkbox"/> | stock, vegetable | <i>8 cups</i> |
| Spices | | |
| <input type="checkbox"/> | cinnamon | <i>1 tbsp</i> |
| <input type="checkbox"/> | extract, vanilla | <i>3 tsp</i> |
| <input type="checkbox"/> | ground nutmeg | <i>1 tsp</i> |
| <input type="checkbox"/> | leaf, bay | <i>1</i> |
| <input type="checkbox"/> | paprika | <i>1 tsp</i> |
| <input type="checkbox"/> | pepper, black | <i>For Seasoning</i> |
| <input type="checkbox"/> | pepper, black | <i>2 tsp</i> |
| <input type="checkbox"/> | powder, garlic | <i>1 tbsp</i> |
| <input type="checkbox"/> | powder, onion | <i>1 tbsp</i> |
| <input type="checkbox"/> | salt | <i>2 tbsp</i> |
| <input type="checkbox"/> | salt | <i>For Seasoning</i> |
| <input type="checkbox"/> | seeds, caraway | <i>2 1/2 tsp</i> |
| <input type="checkbox"/> | seeds, fennel | <i>1 tsp</i> |
| <input type="checkbox"/> | Chinese 5 spice | <i>1 tsp</i> |



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NOTES:



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