**Sunday, Umbrian Bean Soup**

**Produce**

garlic*(if needed)*

1 medium sweet or yellow onion

1 head red or green leaf lettuce

fresh marjoram leaves *(use dry if none available)*

1 cucumber

1 fennel bulb *(if needed)*

celery *(if needed)*

2 carrots

1 garnet yam

2 medium purple potatoes*(red will work)*

1 rutabaga

1 pint cherry tomatoes

**Canned/Dried Foods**

2 C. dry cranberry beans or pinto beans *(if cooking beans)*

good olive oil*(if needed)*

two 32 oz. boxes low sodium vegetable broth

three 15 oz. cans pinto beans *(if not cooking beans)*

dry marjoram leaves *(if needed)*

white wine to cook with (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

smoky tempeh

**Additional Items**

1 loaf Artisan bread