**Sunday, Asian Vegetable Stew**

**Produce** garlic (if needed)

1 medium onion

1 packet fresh dill

1 packet fresh basil

celery (if needed)

1 small zucchini

1 red bell pepper

5 crimini mushrooms   
  
1 Portobello mushroom

3 medium sweet potatoes

1 medium yam

1 bunch beets

1 medium rutabaga

1 lime

**Canned/Dried Foods**

low sodium vegetable broth (if needed)

low-sodium soy sauce (if needed)

balsamic vinegar (if needed)

Asian garlic pepper sauce (if needed)

unbleached  flour (if needed)

white wine to cook with(if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

one 16 oz. package ultra-firm tofu *(if making marinated/grilled tofu)*

two packages Baked Marinated Asian-style tofu *(if not making marinated/grilled tofu)*