**Koftas, Jeweled Rice and Kachumber**

**Produce**

garlic

1 red onion

1 yellow onion

fresh mint leaves

1 bunch cilantro

3 serrano chilis

1 Napa cabbage

2 carrots

fresh ginger

5 lemons

2 limes

raisins (if needed)

dried apricots (if needed)

dried tart cherries (if needed)

pistachios (if needed)

slivered almonds (if needed)

**Canned/Dried Foods**

long-grain brown rice

one 8 oz. can tomato paste

Not Chick’n Bouillon cubes (if needed)

canola oil (if needed)

good olive oil (if needed)

granulated sugar (if needed)

whole coriander seed (if needed)  
ground coriander (if needed)  
whole clove (if needed)  
ground clove (if needed)  
fenugreek seed (if needed)  
whole black peppercorns (if needed)  
bay leaf (if needed)  
ground paprika (if needed)  
cayenne pepper (if needed)

**Frozen Foods**

**16 oz. Beyond Meat ground *(if meatless)***

**Meat/Fish/Poultry**

**16 oz. lean ground beef *(if eating meat)***

**Chilled Foods/Dairy**

Plain, nonfat yogurt (if needed)

Capriccho cheese

**Additional Items**  
good Pita bread

Wooden kabob sticks (if needed)