**Spanish-style bulgur with Spinach**

**Produce**

garlic *(if needed)*

1 sweet onion

one 4 oz. bag organic spinach

1 bunch cilantro

1 jalapeno pepper

1 Anaheim pepper

2 kiwis

**Canned/Dried Foods**

Bulgur *(if needed)*

one 15 oz. can no-salt diced tomatoes

one 15 oz. can black beans

extra virgin olive oil  *(if needed)*

balsamic vinegar  *(if needed)*

molasses  *(if needed)*

chili powder  *(if needed)*

ground cumin  *(if needed)*

**Frozen Foods**frozen corn *(if needed)*

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

Extra-sharp cheddar cheese *(if needed)*