**Sunday, Asian Vegetable Stew**

**Produce** garlic *(if needed)*

1 medium onion

1 small package fresh dill

1 bunch fresh basil  
  
1 bunch fresh cilantro

1 head celery *(if needed)*

one 8 inch zucchini

1 red bell pepper

1 medium sweet potato

1 medium yam

2medium rutabagas

1 Portobello mushroom

4-5 crimini mushrooms

2 limes

**Canned/Dried Foods** canola oil *(if needed)*

sesame oil *(if needed)*

one 32 oz. box low-sodium vegetable broth

low-sodium soy sauce *(if needed)*

balsamic vinegar *(if needed)*

rice wine vinegar *(if needed)*

unbleached all-purpose flour *(if needed)*

1/2 tsp. fresh ground black pepper

white wine to cook with *(if needed)*

**Frozen Foods**   
**Meat/Fish/Poultry**

**Chilled Foods/Dairy** one 16 oz. package ultra-firm tofu

**Additional Items** whole wheat or herb rolls *(one per diner)*