**Tuscan White Bean and Cabbage Soup**

**Produce**

garlic (if needed)

1 yellow onion

red or green leaf lettuce (if needed)

 one half of a green cabbage

fresh parsley

cucumber (if needed)

red bell pepper

1 bulb fennel

1  carrot

cherry tomatoes (if needed)

**Canned/Dried Foods**

one 24 oz. box low sodium vegetable broth

one 29 oz. can chunky tomato sauce

two 15 oz. cans low-sodium Great Northern or Pinto beans

Tabasco sauce (if needed)

dry basil leaves (if needed)

dry oregano leaves (if needed)

bay leaf (if needed)

red wine to cook with (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

shredded Parmesan cheese

**Additional Items**

**a loaf of Artisan bread**