

Grocery and equipment list for:
**Green lentil soup, pull apart garlic
cheesy bread, and muffin tin pizza bites**

GREEN LENTIL SOUP – Makes 6 servings

Fridge:

1 lemon
2 fresh carrots
Collard greens or kale

Pantry:

1 cup dried brown or green lentils
1, 28 oz (796 ml) can diced tomatoes
4 cups low sodium vegetable broth
Bulb of garlic
Cumin
Curry powder
Dried thyme
Extra virgin olive oil
Freshly ground black pepper
Kosher salt
Red pepper flakes
White or yellow onion

Equipment:

Citrus juicer
Cutting board
Fine mesh strainer
Immersion blender (or stand-up blender)
Knife
Large pot with lid
Measuring cup and spoons
Vegetable peeler
Wooden spoon or tongs



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PULL APART CHEESY GARLIC BREAD – Makes 6-8 servings

Fridge:

1/2 cup shredded cheddar cheese
1/2 cup shredded Provolone cheese (I use the
slices and rip them apart)
1 stick unsalted butter
Fresh parsley

Pantry:

2 cloves garlic
Kosher salt
1 large circular crusty loaf of bread (sourdough,
Vienna etc.)



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Equipment:

Bread knife
Cutting board
Knife
Microwave
Oven
Pastry brush (optional)
Small microwaveable bowl
Spoon
Tinfoil

Grocery and equipment list for: **Green lentil soup, pull apart garlic cheesy bread, and muffin tin pizza bites**

MUFFIN TIN PIZZA BITES – Makes 12 pieces

Fridge:

2 Tbsp grated parmesan cheese
3/4 cup grated mozzarella cheese
Pepperoni, regular or vegetarian (optional)
Sweet bell peppers (optional)

Pantry:

3/4 cup marinara sauce (I like Victoria White Linen
from Costco)
4 large flour tortillas
Dried oregano
Freshly ground black pepper
Kosher salt or sea salt
Red pepper flakes



Equipment:

12-cup muffin tin
Cooking spray
Empty can, large circular cookie cutter, glass,
or scissors (to cut tortilla into circles)
Medium bowl
Oven
Oven mitts
Spatula or large spoon
Tablespoon
Trivet

