

VEGETARIAN THANKSGIVING GROCERY LIST



PANTRY STAPLES

- Extra virgin olive oil
- 1/4 cup tomato paste
- apple cider vinegar
- 1/2 cup maple syrup
- 1-2 tsp Marmite
- 2 Tbsp light miso paste
- 2 Tbsp light soy sauce I use Braggs liquid aminos
- 1 tsp smooth Dijon mustard
- 6 cups vegetable broth
- 1 1/2 tsp dried thyme
- salt & pepper
- red pepper flakes
- 1 tsp cinnamon
- 1 tsp ground ginger
- 1/8 tsp ground nutmeg

REFRIGERATED GOODS

- 1 cup unsalted butter
- 1/2 cup full-fat Greek yogurt
- 2 tablespoons butter
- 3 eggs
- 1 cup whole milk

CANNED AND JARRED GOODS

- 1 1/2 cups pumpkin purée (one 14oz can)

EVERYTHING ELSE

- 1 pie crust

FRESH PRODUCE

- 1 1/2 cups diced onion
- 3 cloves garlic minced
- 1 cup diced celery
- 1 cup grated carrot
- 1/3 cup grated apple
- 1 medium butternut squash about 2lbs
- 1 Tbsp finely chopped sage leaves
- 2 lbs Yukon Gold potatoes cut into 1-inch pieces
- 2 tablespoons finely chopped fresh chives or green onion
- 2 lbs Brussels sprouts trimmed and halved
- 1 large pomegranate
- 1/2 cup soft medjool dates

GRAINS, LEGUMES, PASTA, AND BULK

- 1 cup uncooked green lentils
- 1/2 cup rolled oats
- 3/4 cup breadcrumbs
- 1/4 cup flour
- 3 Tbsp nutritional yeast
- 1/2 cup walnuts chopped and toasted
- 1/2 cup sunflower seeds toasted
- 3 tbsp flax seeds
- 1/3 cup raisins