**Farmhouse White Beans with Marinara Sauce**

**Produce** garlic (if needed)

1 yellow onion

1 sweet onion

red bell pepper

green bell pepper

yellow bell pepper

1 head red or green leaf lettuce

1 cucumber

1 pint cherry tomatoes

**Canned/Dried Foods**

two cups dried Great Northern beans (if cooking beans)

 or

two 15 oz. cans Great Northern beans

good extra-virgin olive oil *(if needed)*

red wine to cook with *(if needed)*

one 15 oz. can of no salt tomato sauce

one 15 oz. can regular tomato sauce

dry basil leaves (if needed)

dry oregano leaves(if needed)

Tabasco sauce (if needed)

**Frozen Foods**

None today

**Meat/Fish/Poultry**

None today

**Chilled Foods/Dairy**

1 package Smoky tempeh (if needed)

shredded Parmesan cheese (if needed)