**Pasta Bolognese**

**Produce**

1 head green or red leaf lettuce

1 pint cherry tomatoes

1 cucumber

6 oz. crimini mushrooms

1 yellow onion

garlic (if needed)

**Canned/Dried Food**

two 15 oz. can tom sauce

two 15 oz. can no salt tom sauce

red wine to cook with (if needed)

ground fennel seed (if needed)

one package whole wheat dry penne pasta

**Frozen Foods**

Beyond Meat Italian Sausage or Field Roast Italian Sausage (if going meatless)

**Meat/Fish/Poultry**

2 Italian Sausage links of choice (if using meat)

**Chilled Foods/Dairy**

shredded Parmesan (if needed)