**Stroganoff with Cabbage and Peppers**

**Produce**
garlic *(if needed)*

1 yellow onion (if needed)

9 oz. crimini mushrooms

1 green cabbage

1 red bell pepper

1 green bell pepper

1 jalapeno pepper

**Canned/Dried/Foods**

brown rice *(if needed)*

one 32 oz. box low-sodium veggie broth(if needed)

rice wine vinegar (if needed)

dill pickles *(if needed)*

unbleached flour *(if needed)*

molasses *(if needed)*

bay leaf *(if needed)*

chipotle chili powder *(if needed)*

Hungarian paprika *(if needed)*

white wine for cooking *(if needed)*

**Frozen Foods**

Meatless chicken strips of choice *(if eating meatless)*

**Meat/Fish/Poultry**

8 oz. round steak or chicken breast *(if eating meat)*

**Chilled Foods/Dairy**

nonfat milk *(if needed)*

nonfat, thick, Greek yogurt *(if needed)*

leftover cooked rice(from fridge at home)