



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Moroccan Lentil and Vegetable Stew Meal Prep

GROCERY ITEMS	
	Fresh spinach, 5 oz
	Yellow onion, medium, 1
	Garlic, 4 cloves
	Celery, 4 stalks
	Cauliflower florets, 1/2 lb
	Chickpeas, 15 oz
	Diced tomatoes, 28 ounces

PANTRY ITEMS	
	Olive oil, 4 Tbsp
	Ground cumin, 1/2 Tbsp
	Turmeric, 1 tsp
	Cinnamon, 1 tsp
	Cayenne pepper, 1/4 tsp
	Vegetable broth, 6 cups
	Brown lentils, 1 cup
	Bay leaf
	All purpose flour, 2 cups
	Salt, 1/4 Tbsp
	Instant yeast, 1/8 tsp
	Italian seasoning, 1 Tbsp

*Remember: Shop your pantry before you shop the store so you know what needs to be restocked and what you already have on hand.