



SHOPPING LIST

SWEET POTATO RISOTTO BOATS:

Produce

- *Sweet potatoes - 4 medium*
- *Shiitake Mushrooms - 5 oz*
- *Red onion - 1*
- *Parsley. - ½ cup*
- *Rosemary - 1 TBS*
- *Optional - garlic clove (instead of garlic powder)*

Dairy/Refrigerated

- *Butter (optional vegan butter) - 4 TBS*
- *Parmesan Cheese (optional vegan) - ¼ cup*
- *Heavy Cream or Coconut Cream - ½ cup*

Canned Goods/Grains/Staples

- *EVOO*
- *Arborio Rice - 1 ½ cup*
- *Veggie Broth - 4 cups*
- *Nutritional Yeast or Liquid Aminos - 1 TBS*
- *Liquid Smoke - 1 TBS*
- *Chili Powder - 1 - 2 Tsp*
- *Garlic Powder - 1 Tsp or use fresh*
- *Salt & Pepper*
- *1 ½ cups Dry White Wine*
- *Optional - Vegetable Seasoning - 1 TBS*
- *Optional - Dried Cranberries - for topping*
- *Optional - Vegan Cashew Crema - for topping*