

# A TASTE OF AFRICAN HERITAGE

## WEEKLY INGREDIENT BUNDLES TO BUY

### ITEMS USED IN MOST OR ALL LESSONS:

- 1 medium-size bottle of extra-virgin olive oil
- 1 small bottle of apple cider vinegar
- 1 small jar of Dijon mustard
- 1 small container of sea salt
- 1 small jar of natural peanut butter
- 1 fresh ginger root (keep in your refrigerator and chop off the amount needed for each class)
- 1 small jar of honey OR bottle of agave nectar

### SPICES

- 4 oz allspice (ground)
- 1 oz cayenne pepper
- 1 oz cumin
- 9 oz curry powder
- 3 oz paprika
- 1 oz red pepper flakes
- 1 oz sage
- 1 oz dried thyme (unless using fresh)
- 1 oz turmeric

### WEEK 1: SPICES

#### African Heritage Spicy Chickpeas

#### Jollof Rice

- 2 large yellow onions
- 1 bunch fresh cilantro
- 1 bulb garlic
- 16 ounces long-grain brown rice
- 1 large carrot, loose
- 1 head green cabbage
- 2 (15-ounce) cans chickpeas, no salt added
- 2 (15-ounce) cans diced tomatoes, no salt added
- 1 can tomato paste

### WEEK 2: GREENS

#### Collard Greens

#### Greens MixUp

#### Dill Mojo Sauce

#### Spinach Cucumber Salad

#### Green Smoothie

- 2 bunches of collard greens
- 1 bunch of mustard greens
- 1 bunch of kale
- 1 bunch of dandelion greens or chard (whichever looks good)
- 1 medium-size yellow onion
- 1 bunch or box of spinach
- 1 garlic bulb

- 1 bunch of fresh dill
- 1 small bunch of fresh basil
- 1 leek
- 2 lemons
- 3 large cucumbers
- 3 avocados
- 1 banana
- 8-ounce package frozen or fresh berries
- 1 liter container soy or rice milk
- Optional: pinch of cinnamon

### WEEK 3: WHOLE GRAINS

#### Millet with Zucchini & Chickpeas

#### Quinoa with Ginger and Carrots

#### Curry Couscous with Peppers

- 16 ounces millet
- 16 ounces whole wheat couscous
- 16 ounces quinoa
- 1 large yellow onion
- 2 garlic bulbs
- 2 medium zucchini
- 2 large carrots, loose
- 1 large red bell peppers
- 1 (15-ounce) can chickpeas
- 1/2 cup golden raisins
- 1 bunch fresh parsley
- 32-ounce carton low-sodium vegetable broth



## WEEK 4: BEANS

### Simple Red Lentils

### Caribbean Coconut Red Beans

### Black-Eyed Pea Salad

- 16-ounce bag of dried red lentils
- 1 (15-ounce) can of black-eyed peas
- 2 (15-ounce) cans of red beans
- 16 ounces long-grain brown rice
- 2 garlic bulbs
- 2 medium yellow onions
- 3 medium carrots, loose
- 1 (15-ounce) can of light coconut milk
- 1 red bell pepper
- 1 lime
- Optional: 1 shallot
- Optional: 1 jalapeno pepper

## WEEK 5: TUBERS

### Senegalese Sweet Potato Stew

### Kenyan Vegetable Mashed Potatoes

- 1 large sweet potato
- 3-lb bag of small-to-medium sized potatoes
- 1 medium yellow onion
- 1 garlic bulb
- 1 (15-ounce) can of diced tomatoes, no salt added
- 2 large carrots, loose
- 2 green zucchini, loose
- 1 bunch of fresh thyme (at least 6 sprigs) or 1 ounce of dried thyme
- 16 ounces low-sodium vegetable broth
- 1 bunch of collard greens
- 1 (15-ounce) can of corn, no salt added
- 1 (15-ounce) can or frozen bag of green peas, no salt added
- Optional: 2 yuca (or cassava) roots

## WEEK 6: FRUITS AND VEGETABLES

### Braised Cabbage

### Mango and Papaya After-Chop Fruit Salad

### Blackened Okra

- 2 medium yellow onions
- 2 cloves of garlic
- 1 bird chili pepper, whole (also called cayenne pepper, finger chili, or Guinean pepper)
- 1 medium green cabbage head
- 16 ounces of fresh young okra pods, whole (frozen is okay, too)
- 1 lemon
- 1 large or 2 small papayas
- 3 mangoes
- 1 (15-ounce) can of light coconut milk
- 1 fresh ginger root

