Shopping and Supply List

√	PRODUCE	√	PANTRY
	2 Collard Green Leaves		1 can Black Beans, drained and rinsed
	1 Purple Onion		1 – 10 oz bottle Nama Shoyu (“Shoyu”) or Bragg’s Liquid Aminos
	8 White or Button Mushrooms		Sea Salt
	1 Small Red Bell Pepper		
	1 Small White Onion		
	1 Small Cucumber		
	1 - 8 oz (or smallest) Shredded Carrots		
	1 Roma Tomato		
	1 Package Bean Sprouts (your choice), *optional*		
	1 Lime		
	1 Garlic Bulb		
	1 Avocado, small, ripe		

Note: We have included an additional plant protein source (black beans) for this class. We will demonstrate you how to prepare the finished recipe with the black beans (vegetarian/vegan) or without the beans (raw vegan).

√	SUPPLIES	√	
	Medium Mixing Bowl		Cutting Board
	Small Mixing Bowl		Food Processor (Alternative: Potato Masher or Fork)
	Sharp Knife		Cutting Board
	Rubber Spatula		Spoon

Recipe

Collard Green Burrito

Ingredients

Please gather all ingredients prior to class.

√	Ingredients	√	
	1 Medium Collard Green Leaf		½ cup Shoyu or Soy Sauce
	¼ Small Red Onion, thin slices		1 small Red Bell Pepper, thin sliced
	½ cup White or Button Mushrooms, thin sliced		1 Small Cucumber, thin sliced
	1 Small Avocado, ripened, sliced		¼ cup Shredded Carrots
	1 Roma Tomato, sliced		¼ c. Garlic Black Bean Spread (see recipe below)
	1/8 tsp Ground Black Pepper		

In a small bowl, combine onions, mushrooms, black pepper and shoyu. Set aside to marinate.

Spread ¼ cup of Garlic Black Bean Spread onto collard leaf. Add vegetables. Top with marinated onions and mushroom mixture. Carefully, roll collard leaf into a burrito, along the center stem.

Recipe

Garlic Black Bean Spread

Please gather all ingredients prior to class.

√	Ingredients	√	
	2 cups Black Beans, drained and rinsed		¼ c. Water
	¼ small onion		3 Garlic Cloves
	1 Lime		½ tsp Sea Salt
	¼ tsp Cumin		1 tsp Smoked Chipotle Powder

Place all ingredients in a food processor and process until smooth. Adjust with a small amount of water, if needed, but not too much other the spread will be too runny. Store in a airtight container up to 5 days in the refrigerator.

Serving tips: Enjoy with crackers, raw vegetables, spread on sandwiches, wraps, egg burritos or taco dip.