

# **Ingredients List from Sunday Supper on March 19, 2023**

Head Chef s Marilyn Gottschall, unit 111 and  
Miranda Manners, unit 112

**Recipes for this meal are from Teff Love: Adventures in Vegan  
Ethiopian Cooking by Kittee Berns**

**Injera is available from Whole Foods**

## **Seasonings**

Flax seed

Onion

Basil

Garlic

Ginger

Jalapeno

Cloves

Turmeric

Coriander

Cardamom

Berbere

Paprika

Shallots

Koseret

Ajwain seeds

Fenugreek seeds

Nigella seeds

Nutmeg

## **Vegetables and Beans**

Carrots

Green beans

Collard greens

Cabbage

Kale

Potato

Red Lentils