

SHOPPING LIST

Shane & Simple's Carrot Dogs, Vegetarian Baked Beans,
Potato Salad, and Best Vinegar Coleslaw

FRESH

- 4–6 medium to large size carrots
- 3 lbs or 6 medium Yukon gold or white potatoes
- 2 stalks celery
- 6 green onions
- 1 yellow onion
- 1 red bell pepper
- 1 green bell pepper
- 1 14–16 oz bag pre-packaged cole slaw of choice
- dill (fresh or dried), optional

BAKERY

- hot dog buns or rolls

CONDIMENTS

- ½ cup + 6 Tbsp apple cider vinegar
- 2 Tbsp rice vinegar (or sub apple cider vinegar)
- 3 Tbsp white vinegar
- ⅔ cup molasses
- ¾ cup + 2 Tbsp maple syrup
- 3 tsp liquid smoke
- 2 Tbsp vegan Worcestershire
- 1 Tbsp low-sodium soy sauce
- 1 cup Bragg's Liquid Aminos or low-sodium soy sauce
- 2 Tbsp lemon juice
- 3 Tbsp mustard (yellow or dijon)
- 2 Tbsp Dijon mustard
- ¾ cup ketchup

SPICES

- ½ tsp sea salt
- ¾ teaspoon kosher salt
- 1 ¼ tsp black pepper
- 1 Tbsp paprika or smoked paprika
- 2 tsp onion powder
- 3 Tbsp garlic powder
- ½ tsp dried ginger
- 2 ½ tsp celery seed
- dill (fresh or dried), optional

CANNED/BOXED

- 1 cup water or low-sodium veggie broth
- 1 Tbsp tomato paste
- (4) 15-oz cans Navy beans (low-sodium/no salt added)

NUTS

- 2 cups raw cashews

HELPFUL HINTS

Check off the ingredients you already have. (Make sure you have the full amounts, not just one teaspoon in the bottom of the jar, when you need 3.)

Head to the store with your list and check off each ingredient as you go.