

## HEAL for the Holidays 2022 Shopping List

### Fresh Produce

- 1 medium onion
- 1 pound carrots
- 1 stalk celery (note: not a single rib, but one “bunch” of celery)
- 1 medium sweet potato
- Garlic, minced
- 1 bag spinach (and/or kale, if preferred)
- 4 sprigs rosemary leaves (or dried rosemary)

### Herbs/Spices/Seasoning

- Bay leaves
- dried red pepper flakes (optional)
- kosher salt
- black pepper

### Other

- 48 ounces (1 ½ quarts) [homemade](#) or low-sodium canned chicken stock (can substitute vegetable stock, if preferred)
- 1/2 pound dried beans, such as navy, cannellini, or great northern
- 1/2 pound rice brown (optional)
- Extra virgin olive oil
- Parmesan cheese
- Crusty whole wheat bread or rolls (for serving with soup)

***If you are making Cranberry Snowballs, you will also need 12 ounces of cranberries and 1 small package of powdered sugar***