**Soft-shell Tacos Oct**

**Produce**

garlic (if needed)

sweet onion (if needed)

red or green leaf lettuce (if needed)

1 bunch fresh cilantro *(if making quick salsa)*

1 green bell pepper (if needed)

1 Anaheim pepper *(if making quick salsa)*

1 Jalapeno pepper *(if making quick salsa)*

2 kiwis (one per diner)

2 fresh limes

**Canned/Dried Foods**

low sodium vegetable broth (if needed)

one 15 oz. can no-salt diced tomatoes *(if making quick salsa)*

oregano leaves (if needed)

ground cumin (if needed)

chili powder (if needed)

Tabasco (if needed)

**Frozen Foods**

1 package plant-based ground meat of choice (if eating meatless)  
OR  
**1 package Beyond Meat Beefy Crumbles or Patties *(if eating meatless)***

**Meat/Fish/Poultry**

one half lb. ground turkey breast (if eating meat)

**Chilled Foods/Dairy**

plain nonfat yogurt (if needed)

sharp cheddar cheese (if needed)

1 pint fresh tomato salsa (If no quick low-sodium salsa at home)

 6" soft flour or corn tortillas