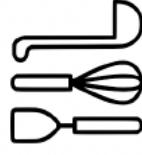




explore Ukraine

Shopping List



cooking tool
Round cookie mold
great for Pierogi dough

Stuffed cabbage

- ☐ 8 oz ground pork +
8 oz ground beef OR
1 lb ground pork / beef
☐ Vegetarian option
6 oz mushrooms + 1 can lentil

- ☐ 1 head Savoy / green cabbage
☐ 1 medium onion
☐ 1 large carrot

vegetables

- ☐ 1 lb ground pork +
1 lb ground beef
☐ Vegetarian option
1 cup mushrooms +
1 pack plant-based meat

- ☐ 1 large onion
☐ 1 cup Cremini mushrooms
☐ 1 large broccoli
☐ 2 lb Russet potatoes

basic pantry

- ☐ 1/2 cup rice
☐ 1 tablespoon tomato paste
☐ 1 14-oz can tomato sauce
☐ 1 cup sour cream (optional)
☐ oil, sugar, salt & pepper

- ☐ 2 slices of white bread/gluten-free bread
☐ 1 cup milk
☐ 1 egg
☐ oil, salt, pepper

- ☐ 2 1/2 cups flour/gluten-free flour
☐ 1 egg
☐ 4 tablespoons ketchup
☐ 1 cup sour cream
☐ oil, sugar, salt & pepper

inside our kit

- ☒ Shhh! Onion Mix
☒ Paprikie Herbie Mix

- ☒ Oo-la-lal! Gravy Mix
☒ Herbie Herb Mix

- ☒ Garlicky Herbie
☒ Koolsia Herbie Mix

Ukrainian meatballs

Pierogi

- ☐ 4 oz Cheddar cheese
☐ Vegetarian option
3 tablespoons nutritional yeast

- ☐ 1 1/2 lbs Russet / Yukon Gold potatoes
☐ 2 onions
☐ 1/2 head of cabbage
☐ 1 carrot
☐ 2 bay leaves

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