



# Lentil Red Pepper Spread Shopping and Packing Aid

Item	Recipe amount	Buy or have at home?	Cost
 Dried green, brown, or black lentils	1/2 cup		
 Garlic clove	1		
Bay leaf	1		
 Roasted red peppers, jarred	1/2 cup		
Olive oil	1 Tbsp		
Salt	1/2 tsp		
Pepper	1/2 tsp		