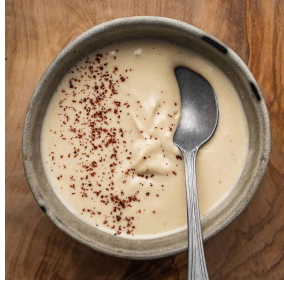


URBAN FARM & KITCHEN

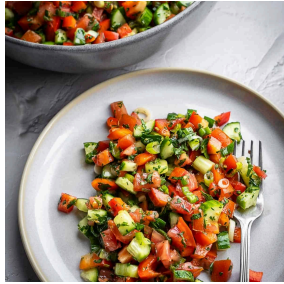
Grilling Meal Plan 1: Classic Kebab Night



How to Make Lemon Tahini Sauce
(Tarator Sauce)



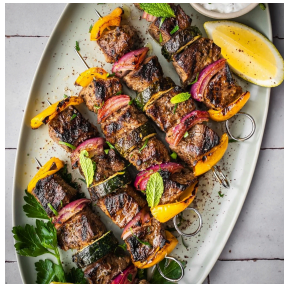
Sumac Onions (Turkish Marinated
Onion Salad)



Jerusalem Salad (Palestinian
Cucumber Tomato Salad)



Vermicelli Rice (Lebanese Rice)



Middle Eastern Beef Shish Kebabs
(with Sides)

URBAN FARM & KITCHEN

Grocery List

Produce

- Red onions 2 each
- Fresh parsley 1.25 cups
- Tomatoes 4 medium
- Persian cucumbers 4 count
- Red bell pepper 1 count
- Green onions 3 count
- Flat leaf parsley 0.25 cups
- Fresh mint 0.25 cups
- Garlic 2 cloves
- Red onion 1 each
- Zucchini 1 each
- Bell pepper 1 each

Spices & Seasonings

- Salt 2 tsp
- Black pepper 1.5 pinch
- Sumac 3 tsp
- Pepper 1 count
- Cinnamon Stick 1 count
- Dried oregano 1 tbsp

Dairy & Eggs

- Butter 2 tbsp

Pantry

- Tahini paste 0.25 cups
- Fresh lemon juice 2 tbsp
- Red wine vinegar 2 tbsp
- Extra virgin olive oil 1 tbsp
- Kosher salt 2.5 tsp
- Olive oil 5 tbsp
- Lemon juice 4 tbsp
- Basmati Rice 1.5 cups
- Vermicelli Noodles 0.5 cups
- Pomegranate molasses 1 tbsp

Other

- Water 4.25 cups
- Toasted Nuts 1 count

Meat & Seafood

- Tri Tip 1.5 pounds

Shop ingredients on [amazonfresh](#)

Shop ingredients on  **instacart**