

Recipe Costs

Avocado Chickpea Salad

Ingredient	Whole Cost	Whole Amt	Unit	Amt in Recipe	% Whole in Recipe	Cost in Recipe
olive oil	\$7.00	33.8	oz	0.50	0.0147928994	\$0.10
lemon juice	\$1.00	3	Tbsp	1.00	0.3333333333	\$0.33
garlic	\$2.00	15	cloves	1.00	0.0666666667	\$0.13
sea salt	\$12.00	283	¼ tsps	2.00	0.0070671378	\$0.08
oregano	\$4.00	21	¼ tsps	1.00	0.0476190476	\$0.19
basil	\$4.00	15	¼ tsps	1.00	0.0666666667	\$0.27
black pepper	\$3.00	170	¼ tsps	2.00	0.0117647059	\$0.04
avocado	\$2.50	1	whole	1.00	1	\$2.50
chickpeas	\$0.89	2	15 oz can	1.00	0.5	\$0.45
cherry tomatoes	\$3.00	1	pint	0.50	0.5	\$1.50
scallions	\$0.79	6	whole	2.00	0.3333333333	\$0.26
parsley	\$0.89	1	bunch	0.25	0.25	\$0.22
TOTAL						\$6.08
# servings						4
2 servings TOTAL						\$3.04

Grit Bowls with Avocado and Baked Tofu

Ingredient	Whole Cost	Whole Amt (oz, cups, tsps, etc)	Unit	Amt in Recipe	% Whole in Recipe	Cost in Recipe
extra firm tofu	\$2.50	1	block	1.00	1	\$2.50
soy sauce	\$6.29	2	oz	0.06	0.03125	\$0.20
turmeric	\$3.50	67	¼ tsps	4.00	0.0597014925	\$0.21
onion powder	\$2.00	74	¼ tsps	2.00	0.027027027	\$0.05
olive oil	\$7.00	33.8	oz	1.50	0.0443786982	\$0.31
grits	\$8.16	19	servings	4.00	0.2105263158	\$1.72
nutritional yeast	\$6.74	25	Tbsp	8.00	0.32	\$2.16
avocado	\$2.50	1	whole	1.00	1	\$2.50
TOTAL						\$9.64
# servings						4
2 servings TOTAL						\$4.82

Grilled Avocado Sandwich

Ingredient	Whole Cost	Whole Amt (oz, cups, tsps, etc)	Unit	Amt in Recipe	% Whole in Recipe	Cost in Recipe
bread	\$3.50	15	slices	2.00	0.1333333333	\$0.47
tomato	\$1.00	1	whole	0.25	0.25	\$0.25

Sheet1

peanuts	\$5.89	35	2 Tbsp servings	2.00	0.0571428571	\$0.34
peanut butter	\$2.58	13	2 Tbsp servings	2.00	0.1538461538	\$0.40
tamari (used soy sauce)	\$6.29	2	cups	0.02	0.0105	\$0.07
rice vinegar	\$6.79	24	Tbsp	0.33	0.01388875	\$0.09
hot sauce	\$2.39	158	teaspoons	2.00	0.0126582278	\$0.03
garlic	\$2.00	15	cloves	1.00	0.0666666667	\$0.13
ginger powder	\$3.12	6	teaspoons	0.50	0.0833333333	\$0.26
TOTAL						\$9.66
# servings						4
2 servings TOTAL						\$4.83

Slow Cooker No-Honey Tofu

Ingredient	Whole Cost	Whole Amt (oz, cups, tsps, etc)	Unit	Amt in Recipe	% Whole in Recipe	Cost in Recipe
soy sauce	\$6.29	2	cups	0.13	0.0625	\$0.39
nutritional yeast	\$6.74	25	Tbsp	3.00	0.12	\$0.81
agave nectar	\$6.99	31	Tbsp	3.00	0.0967741935	\$0.68
ginger	\$2.00	1	4" piece	0.10	0.1	\$0.20
rice vinegar	\$6.79	24	Tbsp	0.50	0.0208333333	\$0.14
garlic	\$2.00	15	cloves	1.00	0.0666666667	\$0.13
onion	\$1.29	1	onion	0.20	0.2	\$0.26
carrot	\$0.79	1	whole	1.00	1	\$0.79
tofu	\$3.50	1	block	1.00	1	\$3.50
rice, cooked	\$2.25	22	servings	4.00	0.1818181818	\$0.41
TOTAL						\$7.31
# servings						4
2 servings TOTAL						\$3.66

Greek Lentil Soup

Ingredient	Whole Cost	Whole Amt (oz, cups, tsps, etc)	Unit	Amt in Recipe	% Whole in Recipe	Cost in Recipe
lentils	\$6.21	14	¼ cup servings	4.00	0.2857142857	\$1.78
onion	\$1.29	1	onion	1.00	1	\$1.29
celery	\$2.00	1	stalk	0.20	0.2	\$0.40
veggie broth	\$4.00	4	cups	4.00	1	\$4.00
tomato sauce	\$0.92	7	¼ cup servings	1.00	0.1428571429	\$0.13
garlic	\$2.00	15	cloves	3.00	0.2	\$0.40
bay leaves	\$4.30	15	leaves	3.00	0.2	\$0.86
salt	\$12.00	283	¼ tsps	1.00	0.0035335689	\$0.04
pepper	\$3.00	170	¼ tsps	1.00	0.0058823529	\$0.02

Sheet1

oregano	\$4.00	21	¼ tsps	2.00	0.0952380952	\$0.38
vinegar	\$3.79	24	Tbsp	3.00	0.125	\$0.47
lemon juice	\$1.00	3	Tbsp	0.50	0.1666666667	\$0.17
TOTAL						\$9.94
# servings						4
2 servings TOTAL						\$4.97

Baked Curry Risotto

Ingredient	Whole Cost	Whole Amt (oz, cups, tsps, etc)	Unit	Amt in Recipe	% Whole in Recipe	Cost in Recipe
coconut milk	\$2.59	2	cups	1.50	0.75	\$1.94
veggie broth	\$4.00	4	cups	1.00	0.25	\$1.00
Arborio rice	\$3.49	20	¼ cup servings	4.00	0.2	\$0.70
curry powder	\$4.36	85	¼ tsps	12.00	0.1411764706	\$0.62
lime juice (fresh)	\$0.79	1	lime	0.17	0.1666666667	\$0.13
salt	\$12.00	283	¼ tsps	2.00	0.0070671378	\$0.08
pepper	\$3.00	170	¼ tsps	1.00	0.0058823529	\$0.02
cayenne pepper	\$8.64	82	¼ tsps	0.50	0.006097561	\$0.05
chickpeas	\$0.89	2	15 oz can	0.50	0.25	\$0.22
canned sliced carrots	\$2.16	3.5	½ cups	1.50	0.4285714286	\$0.93
canned peas	\$1.77	3.5	½ cups	1.00	0.2857142857	\$0.51
TOTAL						\$6.20
# servings						3
2 servings TOTAL						\$4.13

Taco Soup

Ingredient	Whole Cost	Whole Amt (oz, cups, tsps, etc)	Unit	Amt in Recipe	% Whole in Recipe	Cost in Recipe
olive oil	\$7.00	33.8	oz	1.00	0.0295857988	\$0.21
onion	\$1.29	1	20 ounce	1.00	1	\$1.29
jackfruit	\$3.13	1	can	1.00	1	\$3.13
black beans	\$0.69	2	15 oz can	1.00	0.5	\$0.35
chili powder	\$3.92	103	¼ tsps	12.00	0.1165048544	\$0.46
cumin	\$7.78	82	¼ tsps	4.00	0.0487804878	\$0.38
salt	\$12.00	283	¼ tsps	4.00	0.0141342756	\$0.17
paprika	\$2.49	82	¼ tsps	4.00	0.0487804878	\$0.12
onion powder	\$2.00	74	¼ tsps	4.00	0.0540540541	\$0.11
garlic powder	\$1.89	74	¼ tsps	4.00	0.0540540541	\$0.10
oregano	\$4.00	21	¼ tsps	4.00	0.1904761905	\$0.76
bay leaves	\$4.30	15	leaves	1.00	0.0666666667	\$0.29
quinoa	\$4.56	8	¼ cup	4.00	0.5	\$2.28
crushed tomatoes	\$1.39	1	can	1.00	1	\$1.39
frozen corn	\$3.44	3.5	½ cups	4.00	1.1428571429	\$3.93

Sheet1

					TOTAL	\$14.96
					# servings	6
					2 servings TOTAL	\$4.99

Lentil Shepherd's Pie

Ingredient	Whole Cost	Whole Amt (oz, cups, tsps, etc)	Unit	Amt in Recipe	% Whole in Recipe	Cost in Recipe
onion	\$1.29	1	onion	1.00	1	\$1.29
garlic	\$2.00	15	cloves	3.00	0.2	\$0.40
carrot	\$0.79	1	whole	1.00	1	\$0.79
Italian seasoning	\$2.35	74	¼ tsps	10.00	0.1351351351	\$0.32
cooked lentils	\$1.96	2	cups	2.50	1.25	\$2.45
cornstarch	\$3.13	77	Tbsp	2.00	0.025974026	\$0.08
tamari (used soy sauce)	\$6.29	2	4oz unce	0.19	0.09375	\$0.59
crushed tomatoes	\$1.39	1	can	0.50	0.5	\$0.69
veggie broth	\$4.00	4	cups	1.00	0.25	\$1.00
salt	\$12.00	283	¼ tsps	2.00	0.0070671378	\$0.08
black pepper	\$3.00	170	¼ tsps	4.00	0.0235294118	\$0.07
potato	\$0.31	1	lb	2.20	2.2	\$0.68
vegan butter	\$5.59	32	Tbsp	2.00	0.0625	\$0.35
					TOTAL	\$8.79
					# servings	6
					2 servings TOTAL	\$2.93