

# MEALTIME HELPER

## MAKING MEALTIME EASY

### Veggie Fajita - Shopping List

- **Produce**

- 1 large red bell pepper
- 1 large green bell pepper
- 1 medium yellow or orange bell pepper (optional)
- 1 medium red onion
- 8 oz (225 g) mushrooms (cremini or button) — optional
- 1–2 garlic cloves
- 1 lime (for ~1 tbsp juice)
- 2 tbsp fresh cilantro (small bunch, optional)
- Optional extras: 1 small zucchini, 1 jalapeño, avocado(es)

- **Pantry & Spices**

- Olive oil (or vegetable oil) — ~2 tbsp
- Ground cumin — 1 tsp
- Smoked paprika (or regular paprika) — 1 tsp
- Chili powder — 1/2–1 tsp (adjust to heat)
- Dried oregano or Mexican oregano — 1/2 tsp
- Kosher salt
- Black pepper

- **Extras / Serving**

- Warm tortillas, rice, or bowls (as desired)
- Optional toppings: sour cream, salsa, shredded cheese

#### Notes:

- For extra umami, add soy sauce or Worcestershire (1–2 tbsp).
- Quantities for optional items depend on preference—adjust as needed.