

Sedona VegFest Lunch Ingredient List

Pumped Up Pasta Bake Ingredients

Whole grain penne pasta
Diced tomatoes
Kidney beans
Black beans
Tomato sauce
Oregano
Garlic
Basil
Salt
Sugar
Parsley
Pepper
Bread crumbs

Super Sweet Potato & Black Bean Chili Ingredients

Tomatoes
Kidney beans
Black beans
Onions
Sweet potatoes
Salt
Chili powder
Garlic
Cumin
Vegetable broth
Lime juice

Fiesta Rice & Beans Bowl Ingredients

Brown rice
Corn
Salsa
Black beans
Taco seasoning

Garnishes:

Black olives
Onion
Jalapenos
Cilantro

Tortilla chips on the side

All lunches will also include an apple and a green salad