



Grocery Store Tour Project Recipe Guide

The following suggested recipes are taken from NEW's Heritage of Taste for Health (HOT) cookbook, and may be used to lead the GST participants through the supermarket:

HOT section	Recipe
Salads	Pasta Salad Fiesta Salad
Soups and Stews	Chili Vegetable Soup Stew Hamburger Stew
Stir Frys	Gon Lo Mein Chop Suey Beef Tomato

The recipes listed above include a variety of veggies in the ingredients list. Possible substitutions for ingredients are included in the proceeding pages.

A full version of the HOT cookbook can be found at www.ctahr.hawaii.edu/new/HOT.



Grocery Store Tour Project

Possible Ingredient Substitutions

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		Possible Substitutions			
Recipe	Ingredients	Fresh	Frozen	Canned	Suggestions
1. Pasta Salad	Produce:				
	Fresh broccoli	mushrooms, mixed greens	soy beans, mixed veggies	corn, mushrooms	Dry beans can be used in place of canned.
	Fresh tomatoes	green onions, zucchini	various mixed veggies	tomatoes, mixed veggies	
	Fresh celery	cauliflower, eggplant	broccoli, cauliflower	artichokes, asparagus	
	Fresh carrot		bell peppers, spinach	water chestnuts, green beans	
	Canned kidney beans		carrots	olives, garbanzo beans	
	Fresh onion				
	Fresh bell pepper				Balsamic vinegar or
	Other:				oil, vinegar, and lemon
	Pasta noodles				can be used in place of
	Italian salad dressing				salsa or dressing.
2. Fiesta Salad	Produce:				
	Fresh lettuce	cabbage, spinach	bell peppers, corn	tomatoes	
	Fresh tomatoes	celery	Fiesta style mixed veggies	black beans	Dry beans may be used in place of canned.
	Fresh onion	green onions		corn	
	Fresh garlic			olives	
	Pinto or kidney beans				
	Other:				Ground turkey, chicken,
	Cheese				shrimp, fish, or steak may be
	Lean ground beef				used in place of lean ground
	Chili powder				beef.
	Salt	lime			Powdered chili mix.
Salsa or dressing	salsa or pico de gallo			Italian or ranch dressing.	

		Possible Substitutions			
Recipe	Ingredients	Fresh	Frozen	Canned	Suggestions
1. Chili	Produce:				
	Fresh onion	tomatoes, chilis	corn, bell peppers	corn, green chilis	
	Kidney or pinto beans	mushrooms	Fiesta style mixed veggies	jalapenos	Dry beans may be used in place of canned.
	Canned tomato sauce	bell peppers, carrots	carrots	mushrooms	
	Canned stewed tomatoes		mixed veggies	tomatoes	
	Other:				Ground turkey, chicken,
	Lean ground beef				shrimp, fish, or steak may be
	Chili powder				used in place of lean ground beef.
2. Vegetable Soup	Produce:	any type cabbage, onions, carrots, celery	assorted mixed veggies, corn, green beans,	green beans, mushrooms,	
	Mustard cabbage	potato, mushrooms,	broccoli, cauliflower,	tomatoes, corn, beans	
	Other:	green onions, garlic	carrots, beans		
	Lean pork				Chicken, beef, seafood,
	Broth				and other ground meats may be used in place of lean pork.
	Soy sauce				Chicken, beef, or veggie broth.
	Salt				
3. Stew	Produce:				
	Fresh onion	celery, mushroom,	green beans, mixed veggies,	green beans, mixed veggies	
	Fresh carrots	cabbage, eggplant,	assorted mixed veggies,	carrots, corn,	
	Fresh potatoes	zucchini	corn, bell peppers	tomato, potato,	
	Fresh garlic			mushrooms	
	Canned tomato sauce				
	Bay leaves				Ground meats, beef, chicken,

		Possible Substitutions			
Recipe	Ingredients	Fresh	Frozen	Canned	Suggestions
3. Stew continued	Other:				or pork may be used in place of lean meat.
	Lean meat				
	Salt				
	Flour				Cornstarch can be used in place of flour.
4. Hamburger Stew	Produce:	cabbage, mushrooms	mixed veggies, assorted veggies,	corn, green beans, tomatoes,	
	Fresh onion		corn, carrots	potatoes, mixed veggies,	
	Fresh celery			mushrooms	
	Fresh potatoes				
	Fresh carrots				
	Fresh ginger				
	Fresh garlic				
	Canned tomato sauce				
	Other:				
	Lean ground beef				Ground pork, chicken, turkey,
	Salt				beef, or chicken may be used
	Pepper				in place of lean ground beef.
	Sugar				
	Soy sauce				
Flour					

		Possible Substitutions			
Recipe	Ingredients	Fresh	Frozen	Canned	Suggestions
1. Gon Lo Mein	Produce:	cabbage, onions, carrots, broccoli,	mixed veggies, assorted veggies,	mixed veggies,	
	Fresh chop suey mix	cauliflower, eggplant	broccoli, cauliflower,	mushrooms,	Leftover meats, chicken, beef,
	Other:	snap peas		water chestnuts	or ground meat may be used
	Canned luncheon meat				in place of luncheon meat as
	Oyster sauce				well as tofu or seafood.
	Fresh chow mein noodles				
2. Chop Suey	Produce:	cabbage, broccoli,	broccoli, mixed veggies,	bamboo shoots,	
	Fresh garlic	snap peas,	assorted veggies,	mushrooms,	
	Fresh onion	green onion, carrots,	cauliflower,	green beans	
	Fresh chop suey mix	eggplant, zucchini,	green beans		
	Fresh ginger	green beans			
	Other:				
	Pork or chicken				Ground beef, pork, chicken, turkey, or tofu may be used
	Soy sauce				in place of pork or chicken.
	Sugar				
	Salt				
	Cornstarch				Flour may also be used.
Broth				Chicken, beef, or veggie broth.	
3. Beef Tomato	Produce:				
	Fresh garlic				
	Fresh onion	green onion			
	Fresh celery		mixed veggies		
	Fresh bell peppers		bell peppers		
	Fresh tomatoes			stewed tomatoes	
	Other:				
	Beef				Ground meats or tofu
	Cornstarch				Flour may also be used
	Sugar				
	Soy sauce				
	Salt				optional
	Pepper				optional