



Shopping List

Turkish Beef Shawarma & Tabbouleh

COMMON PANTRY ITEMS

1/3 cup olive oil
salt
pepper

SPICES

¼ teaspoon nutmeg
½ teaspoon garlic

GROCERY

¼ cup yogurt, plain, greek is recommended
1 cup dry bulgur

PRODUCE

2 tablespoons + 1/3 cup lemon juice, fresh squeezed
1 cup scallions
2 cups cherry tomatoes
1 cup parsley, fresh
¼ cup mint, fresh

MEAT

1 lb. food .eez beef strips