

WEEKLY SHOPPING LIST

SUN

ENCHILADA CASSEROLE

- 1 medium sized butternut squash (approx. 2 and 1/2 lbs)
- 1 yellow onion, sliced
- 1 poblano or green bell pepper
- 2 jalapenos, cored and sliced
- 1/2 cup cilantro, chopped
- 1 cup fresh baby spinach leaves
- 2 tablespoons high heat oil
- 2 teaspoons cumin powder
- 1 (15 ounce) can black beans
- 2 cups salsa or enchilada sauce
- 8 corn tortillas
- 1 and 1/2 cups shredded Mexican cheese (OR vegan cheese)



WED

PORTOBELLO FAJITAS

- 2 large portobello mushrooms
- 2 bell peppers, any color
- 1 pasilla pepper
- 1 red onion
- 2 cloves garlic
- 2 tablespoons lime juice
- 2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 3 chipotle chilis in adobo sauce
- Corn tortillas
- 2/3 cup sour cream

MON

BAKED SPAGHETTI

- 8 oz mushrooms, sliced
- 1/2 bunch lacinto kale, chopped
- 16oz extra firm tofu
- 1/2 cup roasted garlic hummus
- 1/4 cup nutritional yeast
- 1 tsp garlic powder
- 12oz whole grain spaghetti
- 32 oz jar of pasta sauce

THUR

BBQ SPAGHETTI SQUASH PIZZA

- 1 small spaghetti squash
- Small handful thinly sliced red onions
- Fresh cilantro leaves for topping
- 3/4 cup BBQ sauce
- 1 ball of pizza dough or pre-made pizza crust
- 1 cup shredded cheese, I used a mix of white cheddar and smoked gouda

TUES

DELICATA RED CURRY

- 1 delicata squash
- 5 oz baby kale
- 1 tbsp minced ginger
- 3 scallions
- 1 oz Thai basil or regular basil
- 20 oz extra firm tofu
- 1 1/2 cups brown rice
- 1 3/4 cups coconut milk
- 4 oz thai red curry paste
- 2 tbsp brown sugar
- 2 tbsp soy sauce
- 4 tablespoons olive oil