

# WEEKLY SHOPPING LIST

SUN

## MUSHROOM BOURUIGNON

- 1 ounce dried porcini mushrooms
- 16 ounces sliced mushrooms
- 4 large russet potatoes
- 1 yellow onion
- 2 carrots
- 1 red bell pepper
- 4 garlic cloves
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 2 tablespoons tomato paste
- 1 cup full bodied dry red wine
- 2 tablespoons vegan margarine
- 2 tablespoons flour
- 1/2 cup unsweetened almond milk
- 2 tablespoons vegan butter



MON

## ENCHILADA CASSEROLE

- 1 small onion
- 1 medium red bell pepper
- 1 bunch kale
- 3/4 cup corn (fresh or frozen)
- 1-8oz pkg tempeh
- 1-15oz can kidney or black beans
- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- 1/4 tsp cayenne pepper
- 1/2 cup raw cashews
- 1 heaping cup chunky salsa
- 1/2 cup enchilada sauce



TUES

## VEGETARIAN COBB SALAD

- 6 cups lettuce greens
- 1 medium sweet potato
- 1 (15 ounce) can white beans
- 1/4 cup roasted, salted pepitas
- 1/3 cup dried cranberries
- balsamic dressing
- 2 teaspoons olive oil
- 4 hard boiled eggs



WED

## ALOO GOOBI

- 2 handfuls fresh cilantro
- 4-6 green chilies
- 3-6 garlic cloves
- 1 tbsp minced ginger
- 2 medium red-skinned potatoes
- 1 medium cauliflower
- 1 (14 oz) can diced tomatoes
- 1 1/2 tsp cumin seeds
- 1/4 tsp asafetida
- 1 1/2 tsp turmeric
- 2-4 tsp ground coriander
- 1/2 tsp ground cumin
- 1/2 tsp red chili powder
- 2 tbsp unsalted butter

THUR

## COCONUT CURRY SOUP

- 1/2 medium yellow onion
- 6 sweet baby peppers (or 1 bell pepper)
- 2 large carrots
- 5 cloves garlic
- 1 lime
- 1 bunch green onion
- 1 tablespoon fresh ginger
- 1/2 medium head cauliflower
- 2 tablespoons curry powder
- 1/2 teaspoon red pepper flakes
- 1 (14-ounce) can full-fat coconut milk
- 3 cups vegetable broth
- 2 teaspoons pure maple syrup