

# WEEKLY SHOPPING LIST

SUN

## MUSHROOM BOURGUIGNON

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



WED

## VEGETABLE SOUP

- 1 large onion
- 3 cloves garlic
- 3 medium carrots
- 3 stalks celery
- 2 medium potatoes
- 1/4 cup parsley
- 1 tbsp freshly squeezed lemon juice
- 1 cup corn
- 2 tsp Italian seasoning
- 4 cups vegetable broth
- 2-15oz can diced tomatoes
- 1-15oz can kidney beans
- 1 bay leaf

MON

## ROASTED VEGGIE BURRITOS

- 2 small sweet potatoes
- 2 zucchini squash
- 2 carrots
- 6 cups baby spinach
- 2 avocados
- 6 flour tortillas
- 10 large eggs



THUR

## VEGAN CHILI

- 1/2 yellow onion
- 2 cloves garlic
- 1 red bell pepper
- 1 green bell pepper
- 5 oz can diced tomatoes
- 2 or 3 (15 oz) cans beans
- 1/2 cup refried beans
- 2 tablespoons tomato paste
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon Italian seasoning
- 2-3 cups vegetable broth

TUES

## CAULIFLOWER SOUP

- 1 head cauliflower
- 2 medium yukon gold potatoes
- 6 garlic cloves
- 1 tsp ground cumin
- 1/8 tsp smoked paprika
- 2 cups cooked chickpeas
- 4 cups vegetable broth
- 1/2 cup heavy cream

