

# WEEKLY SHOPPING LIST

SUN

## EASY VEGAN CHORIZO

- 8 ounces mushrooms
- 2 cups walnuts
- 18 sundried tomatoes in olive oil
- 1 tablespoon chili powder
- 2 teaspoons cumin powder
- 2 teaspoons dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- pinch of cayenne pepper



MON

## COCONUT CURRY SOUP

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



TUES

## CHICKPEA STIR FRY

- 10 oz frozen broccoli florets
- 10 oz frozen peas and carrots
- 2 bell peppers
- 1 tsp grated ginger
- 2 cups sugar snap peas
- 2/3 cup soy sauce
- 1/2 cup vegetable broth
- 1/3 cup rice vinegar
- 1 tsp sesame oil
- 1 tbsp brown sugar
- 2 tsp gochujang
- 2 tbsp cornstarch
- 1 (8 oz) can sliced water chestnuts
- 1 (15 oz) can chickpeas



WED

## CROCKPOT BARLEY SOUP

- 16 oz button mushrooms
- 3 large carrots
- 2 stalks celery
- 1 medium onion
- 4 cloves garlic
- 3/4 cup pearled barley
- 1/4 cup brown or green lentils
- 2 bay leaves
- 1 tsp thyme
- 6 cups vegetable broth

THUR

## ENCHILADA BAKE

- 4 cups cubed sweet potato, 2 large
- 1 red pepper
- 1 green pepper
- 1 zucchini
- 1/2 red onion
- 1/2 cup dried quinoa
- 1 (15 oz) can black beans
- 1 cup corn kernels
- 2 1/2 cups enchilada sauce
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 cup grated cheese