

WEEKLY SHOPPING LIST

SUN

TOMATO SPINACH PASTA

- 1/2 onion
- 3 garlic cloves
- 8 ounces baby spinach
- 30 ounces crushed tomatoes
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- 16 ounces penne pasta, or pasta of choice
- fresh basil and vegan cashew parmesan for garnish, optional
- 8 ounces plain dairy-free cream cheese, Kite Hill is my favorite



MON

SOUTHWEST STUFFED PEPPERS

- 4 bell peppers
- 1/2 yellow onion
- 1 anaheim pepper
- 1 cup corn
- 3 cloves garlic
- 1 tsp chili powder
- 2 cups cooked rice
- 1 cup black beans
- 1 (10-ounce) can enchilada sauce
- 1/2 cup grated cheese of choice



TUES

DELICATA SQUASH SALAD

- 2 lb delicata squash
- 1 small red onion
- 1/2 cup fresh mint leaves
- juice of 1 lime
- 1/3 cup pomegranate seeds
- 1/2 cup crumbled feta cheese



WED

VEGETARIAN ENCHILADAS

- 1 medium zucchini
- 1 red bell pepper
- 1/2 red onion
- 1 cup corn kernels
- 1 cup refried beans
- 1 1/2 teaspoon ground cumin
- 1 1/2 teaspoon paprika
- 1 teaspoon granulated garlic
- 8–10 small tortillas
- 1 (14 oz) can enchilada sauce
- 1 1/2 cups grated cheese

THUR

ONE-PAN RED CURRY

- 3 medium carrots
- 3 cups fresh spinach leaves
- 1 tbsp fresh lime juice
- 1-inch knob fresh ginger
- 2 (13.5oz) cans chickpeas
- 1 (13.5oz) can full-fat coconut milk
- 1/4 cup red curry paste
- 1 tbsp coconut sugar
- roasted cashews and crushed red pepper flakes, to garnish