

# WEEKLY SHOPPING LIST

SUN

## LENTIL CHILI CASSEROLE

- 1 red onion
- 3 garlic cloves
- 2 jalapenos or 1 bell pepper
- 8 ounces cremini mushrooms
- 15 ounces cooked lentils
- 15 ounces diced tomatoes
- 2 tablespoons tomato paste
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon smoked paprika
- 8 ounces fusilli pasta
- 1 cup vegan cheese sauce or shredded cheese



MON

## TEMPEH ENCHILADA CASSEROLE

- 1 medium red bell pepper
- 1 small onion
- 1 small bunch of kale
- 3/4 cup corn
- 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
- 1-8oz pkg tempeh
- 1-15oz can kidney or black beans
- 1/2 cup enchilada sauce



TUES

## GARLIC SPAGHETTI SQUASH

- 1 medium spaghetti squash
- 1 small head kale
- 1 bulb garlic
- 1/3 cup sun-dried tomatoes
- 1/3 cup walnuts



WED

## MOROCCAN COUSCOUS

- 1 onion
- 1 lb carrots
- 2 cups chickpeas
- 2 tbsp harissa
- 1 tbsp ras el hanout
- 6 oz dried cherries
- 28 oz whole peeled tomatoes
- 10 oz couscous
- 3 tablespoons olive oil

THUR

## FALL PASTA SALAD

- 1 medium butternut squash
- 1 clove garlic
- 1/3 cup diced red onion
- 1/4 cup chopped fresh parsley
- 2 cups chopped raw broccoli
- 1 (15 oz) can chickpeas
- 1/2 cup dried cranberries
- 1/2 cup olive oil
- 1/4 cup apple cider vinegar
- 1 teaspoon dijon mustard
- 1 teaspoon pure maple syrup
- 16 ounces dry pasta
- 1 (8 oz) block feta cheese