

WEEKLY SHOPPING LIST

SUN

15-MINUTE TOMATO SOUP

- 1 onion
- 3 garlic cloves
- 30-ounces diced tomatoes
- 1 teaspoon dried basil
- 1 and 1/2 cups vegetable broth
- 1 cup white beans, such as cannellini or great northern



WED

EASY KIDNEY BEAN CURRY

- 1 large onion
- 1¾-inch piece of ginger
- 2 garlic cloves
- 1 fresh green chili pepper
- 2 (14 oz) cans kidney beans
- 1 cinnamon stick
- ½ tsp cumin seeds
- 2 tbsp tomato paste
- 1 tsp sugar
- 1 tsp garam masala
- ¼ tsp ground turmeric

MON

BUTTERNUT SQUASH PASTA

- 24oz cubed butternut squash
- 1 cup peas
- 2 tbsp fresh chopped sage
- 16 oz whole-grain pasta
- ¾ cup raw cashews
- 1 1/2 cups vegetable broth
- 1 tbsp pure maple syrup

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PEANUT BUTTER TOFU

- 1 tablespoon fresh lime juice
- 1 teaspoon freshly grated ginger
- 1 small clove garlic
- 1 package extra firm tofu
- 2 teaspoons sesame oil
- 2 tablespoon tamari, or soy sauce
- 1/2 cup creamy peanut butter
- 1 teaspoon rice wine vinegar
- 1/2 teaspoon pure maple syrup
- rice or vegetables for serving

TUES

VEGETABLE ENCHILADAS

- 1 medium sweet potato
- 1 medium head cauliflower
- 1 medium yellow onion
- 1 red bell pepper
- 1 orange bell pepper
- 1 pasilla (or anaheim) pepper
- 1/4 cup olive oil
- 12 corn tortillas
- 1 (16-ounce) jar salsa
- 1 cup cheddar cheese, grated
- 1 cup jack cheese, grated