

WEEKLY SHOPPING LIST



SUNDAY

INSTANT POT WHITE BEAN VEGETABLE SOUP

1 1/2 cups dry navy beans
2 Tbsp olive oil
1 medium yellow onion, diced
1 14.5 oz can diced tomatoes with juices
3 medium celery ribs, diced
2 medium carrots, diced
5 large garlic cloves, minced
2 dried bay leaves
3/4 Tbsp chopped fresh rosemary
1 tsp chopped fresh thyme
6 cups chickenless broth or vegetable broth
1 cup frozen peas
salt and pepper

MONDAY

MEDITERRANEAN LENTIL SOUP

2 tablespoons olive oil
1 yellow onion, diced
3 large carrots, chopped
3 celery stalks, chopped
3 cloves garlic minced
1/2 teaspoon cumin
1/2 teaspoon dried thyme
1 bay leaf
6 cups vegetable broth
1 cup brown lentils, rinsed
1lb red potatoes, chopped into 1" pieces

TUESDAY

WEEKNIGHT VEGETARIAN CHILI

2 tbsp olive oil
2 onions, diced
1 red bell pepper, stemmed, seeded and cut into 1/2-inch pieces
salt and black pepper, to taste
4 garlic cloves, minced
1 tbsp chili powder
1 1/2 tsp cumin
1 tsp ground coriander
1 tsp chipotle chili in adobo, minced
3/4 lb dried white, black, or pinto beans, cooked
1 (28 oz) can whole peeled tomatoes, chopped
1 (15 oz) can tomato sauce
1 cup vegetable broth
3 zucchini or summer squash, cut into 1/2-inch pieces

WEDNESDAY

SWEET POTATO BLACK BEAN BURGERS

For the burgers:
1 15oz can black beans
1 cup old-fashioned oats
3/4 cup chopped walnuts
1 cup roasted sweet potato
1/2 cup diced onion
1/2 cup cilantro, chopped
1 1/2 tsp chili powder
1/2 tsp garlic powder
1 tsp cumin
1 tsp smoked paprika
1 1/4 tsp fine sea salt

For the sauce:
3/4 cup plain Greek yogurt
1/4 cup cilantro, chopped
1 lime, juiced
1/2 tsp fine sea salt
1 tsp sriracha

THURSDAY

BBQ CHICKPEA PIZZA

3 teaspoons olive oil
1 (15 oz) can chickpeas, drained and rinsed
1/2 teaspoon chili powder
1/2 teaspoon paprika
1/2 teaspoon cumin
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon sugar
1/2 teaspoon salt
1 large pizza crust or 4 personal sized crusts
3/4 cup BBQ sauce, store-bought or homemade
1 cup vegan shredded cheese
1/3 cup thinly sliced red onion

DESSERT

VEGAN OAT FLOUR BANANA BREAD

1/4 cup melted coconut oil, plus more for pan
4 ripe bananas, peeled
1/4 cup pure maple syrup
2 tsp pure vanilla extract
1 1/2 cups certified gluten-free oat flour
3/4 cup almond meal
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt