

WEEKLY SHOPPING LIST



SUNDAY VEGAN QUINOA CHILI

- 2 Tbsp avocado or olive oil
- 1 medium red onion, diced
- 2 bell peppers
- 2 medium hatch chiles, diced (or Anaheim peppers)*
- 2 medium jalapeños, diced
- 1 medium poblano pepper, diced
- 4 cloves garlic, minced
- 2 large carrots, diced
- 1 Tbsp chile powder
- 1 tsp dried oregano leaves
- 1 tsp ground cumin
- 1/4 tsp ground cinnamon
- 3/4 cup dry quinoa
- 1 28 oz can fire roasted diced tomatoes
- 1 14.5 oz can black beans, drained and rinsed
- 1 14.5 oz can red kidney beans, drained and rinsed
- 2 cups vegetable broth

MONDAY VEGAN CHEESY BROCCOLI AND RICE

- 2 cups brown rice, dry
- 2 broccoli crowns, chopped into 1" pieces
- 1 medium onion, roughly chopped
- 2 large russet potatoes, peeled and chopped into 1" cubes
- 3/8 cup chopped carrots
- 2 cups cooking water, reserved
- 3/8 cup cashews
- 1 teaspoon salt (or to taste)
- 3 cloves garlic, peeled
- 1/2 teaspoon dijon mustard
- 1/4 teaspoon black pepper
- 2 tablespoons nutritional yeast (optional)

TUESDAY WHITE BEAN SOUP WITH PASTA AND ROSEMARY

- 1/2 cup extra virgin olive oil
- 2 tbsp minced fresh rosemary
- 2 garlic cloves
- For the soup
- 2 tbsp olive oil
- 1 tbsp minced fresh rosemary
- 1 onion, diced
- 2 carrots, diced
- 5 garlic cloves, minced
- 1/2 cup parsley, minced
- 3 cups cooked white beans
- 6 cups vegetable broth
- 1 lb small pasta
- parmesan cheese, to garnish

WEDNESDAY PAD THAI STIR FRY

- 4 oz whole wheat spaghetti (or brown rice spaghetti for gluten-free*)
- 4 cups water
- 1/4 cup natural peanut butter
- 5 tbsp soy sauce (or tamari for gluten-free)
- 1/4 cup pure maple syrup
- 2 tbsp lime juice
- 1 tbsp sriracha
- 1 tsp minced fresh ginger (1/2 inch knob)
- 1 clove garlic, minced
- 1/2 head green or red cabbage, shredded
- 1 large carrot, shredded
- 1 red bell pepper, seeded and chopped
- 2 cups snow peas
- 3 green onions
- Chopped fresh cilantro, for garnish
- Chopped salted peanuts, for garnish

THURSDAY TERIYAKI TOFU BOWLS

- 1 (14 oz) container extra firm tofu
- 1 tablespoon toasted sesame oil, or your favorite oil
- 1 teaspoon tamari, or soy sauce
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pure maple syrup
- 1/4 teaspoon rice wine vinegar
- 2 teaspoons corn starch
- 5-7 cups favorite vegetables, I used broccoli, carrots and red pepper
- 2-3 cups cooked rice, cauliflower rice or your favorite grain
- Teriyaki Sauce:
- 1/3 cup water
- 1/3 cup tamari, I like to use low sodium
- 1/4 cup pure maple syrup
- 1/4 cup toasted sesame oil
- 1 clove garlic, finely grated
- 1 1/2 teaspoons finely grated ginger
- 1 1/2 teaspoons cornstarch, or arrowroot starch

DESSERT CHOCOLATE PRETZEL BARK

- 10 ounces chocolate chips, any kind you like
- 1 1/2 cup chopped pretzels
- Coarse sea salt, optional