

# WEEKLY SHOPPING LIST



## SUNDAY

### SMOKY VEGAN BLACK-EYED PEA SOUP

- 1 1/2 cup dried black eyed peas
- 1 Tbsp smoked sweet paprika
- water for soaking
- 2 Tbsp olive oil or grapeseed oil
- 1 1/2 cups diced onion (about one medium)
- 1 1/2 Tbsp minced garlic
- 4 tsp chopped fresh rosemary leaves
- 1 tsp chopped fresh thyme leaves
- 10 cups vegetable broth
- 1 1/2 cups diced carrot
- 1 1/2 cups diced celery
- 2 cups diced golden or red potato
- salt and pepper

## MONDAY

### LENTIL LETTUCE WRAPS

- 1 cup French lentils (see note)
- 2 cloves garlic, minced
- 1 white onion, diced
- 3 tablespoons soy sauce
- 1 1/2 tablespoons rice vinegar
- 1 tablespoon freshly grated ginger
- 1 tablespoon hoisin sauce
- 1 tablespoon sriracha
- 1 teaspoon honey or agave
- 1 8oz can whole water chestnuts, drained and diced
- 1 head iceberg or butter lettuce
- 2 green onions, diced
- Salt & pepper to taste

## TUESDAY

### RIGATONI WITH SPICED TOMATO SAUCE

- 2 (28 oz) cans crushed tomatoes
- 2 tsp cumin seeds
- 2 tsp coriander
- 2 tbsp nigella seeds
- 2 tbsp olive oil
- 2 onion, diced
- 8 garlic cloves, minced
- pinch of chili powder
- salt and black pepper, to taste
- pinch of dried oregano
- 1 lb rigatoni
- 8 oz feta cheese

## WEDNESDAY

### BRUSSELS SPROUT KALE CAESAR SALAD

- 1 bunch kale
- 12 oz Brussels sprouts
- 1 1/2 cups thinly sliced red cabbage or radicchio
- Optional add-ins: 1/2 cup toasted walnuts
- 3/4 cup raw cashews
- 3 tbsp nutritional yeast
- 6 tbsp lemon juice
- 1 1/2 tsp dijon
- 4 garlic cloves
- 2 tbsp capers
- 1/2 tsp sea salt
- Lots of freshly ground black pepper
- 1 heaping cup stale/crusty bread, cut into cubes
- 1 tbsp extra virgin olive oil
- 1/4 tsp each dried rosemary, garlic powder, and kosher salt

## THURSDAY

### POLENTA ENCHILADA BAKE

- 3 tsp olive oil, divided
- 1 green bell pepper
- 1 red bell pepper
- 1/2 medium sized onion
- 1 (15 oz) can black beans, drained and rinsed
- 1 tsp granulated garlic
- 1 tsp paprika
- 1 tsp cumin
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 (18 oz) tube polenta
- 1 (15 oz) can enchilada sauce, I love Hatch brand
- 3/4 cup shredded cheese

## DESSERT

### CHOCOLATE CHIP ALMOND BUTTER COOKIES

- 1/2 cup smooth almond butter
- 1/2 cup agave (see notes for substitutions)
- 2 tablespoons applesauce (see notes for substitutions)
- 1 teaspoon vanilla extract
- 1 cup whole wheat pastry flour or all purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup mini chocolate chips