

WEEKLY SHOPPING LIST



SUNDAY CRISPY TOFU TACOS

32 oz extra firm tofu
1 Tbsp chile powder
1/2 tsp smoked paprika
1/2 Tbsp ancho chile powder
1/2 tsp dried oregano
4 Tbsp extra virgin olive oil, divided
3 Tbsp freshly squeezed lime juice
1 half fresh jalapeno, sliced lengthwise
1 small handful fresh cilantro, leaves and stems
1/3 cup water salt and pepper
8 small tortillas
For serving: lime wedges, fresh cabbage, pepitas, sliced radish, cilantro, avocado, green onion

MONDAY FETA AND ORZO PASTA SALAD

1 cup dry orzo pasta
1/2 cup crumbled feta cheese
1 15oz can chickpeas
2 tablespoons olive oil
1 tablespoon lemon juice
1/4 teaspoon salt
1/4 teaspoon garlic
2 tablespoons red onion, diced
1/4 cup fresh parsley, chopped
Dash of black pepper, crushed red pepper, oregano

TUESDAY ARTICHOKE ENCHILADAS

1 1/4 cups water
3/4 cup quinoa, rinsed
1/4 tsp kosher salt
1 red onion
1 1/2 lb tomatillos, husked
2 jalapenos, seeded
1/2 cup vegetable broth salt, to taste
1 tsp sugar
2 tbsp olive oil
8 oz chipotle cheddar cheese, shredded, divided
1 (14 oz) can artichoke hearts, drained and chopped
16 small corn tortillas

WEDNESDAY ONE PAN VEGGIE RED CURRY

3 medium carrots, cut into 1/4-inch rounds
1-inch knob fresh ginger, peeled and grated
2 (13.5oz) cans chickpeas, drained and rinsed
1 (13.5oz) can full-fat coconut milk
1/4 cup red curry paste
1/2 tsp fine sea salt
1 tbsp coconut sugar
3 cups fresh spinach leaves
1 tbsp fresh lime juice
roasted cashews and crushed red pepper flakes, to garnish

THURSDAY EASY VEGAN BLACK BEAN TACOS

2 teaspoons olive oil
1/2 white onion, diced
2 cloves garlic, minced
3 cans black beans, drained with liquid reserved
2 teaspoons cumin
1 teaspoon paprika
1 teaspoon granulated garlic
1 teaspoon onion powder
Salt and pepper, to taste
8 Corn tortillas

DESSERT SALTED PEANUT BLONDIES

2 cups (10 oz) all purpose flour
1 tsp baking powder
1 tsp kosher salt
12 tbsp unsalted butter, softened
2 cups light brown sugar
2 tsp vanilla bean paste
2 large eggs
3/4 cup milk chocolate chips
3/4 cup salted peanuts, chopped
1 tsp fleur de sel