

WEEKLY SHOPPING LIST



SUNDAY

SALSA VERDE ENCHILADAS

For the tomatillo salsa

- 14 oz tomatillos, husked and rinsed
- 2 serrano chile peppers
- 1 large shallot
- 3 garlic cloves
- salt, to taste
- ½ bunch cilantro

For the enchiladas

- 1½ cups crumbled queso fresco
- 3 cups cooked pinto or cranberry beans, or ½ recipe borracho beans
- 3 tbsp minced onion
- 2 tbsp minced cilantro
- grapeseed oil, for dipping the tortillas
- 16 corn tortillas
- ½ cup grated cheddar cheese
- ½ cup grated Monterey Jack cheese

MONDAY

POBLANO BLACK BEAN BURGERS

For the veggie burgers

- 2 (15 oz) cans black beans, rinsed
- 2 large eggs
- 4 tbsp olive oil, divided
- 1 tsp ground cumin
- ¼ tsp salt
- 7 tsp cayenne pepper
- 1 cup panko bread crumbs
- 1 poblano pepper
- ¼ cup minced cilantro

For the elote salsa

- 2 tbsp butter
- 20 oz frozen or 4 cups fresh corn kernels
- 1 jalapeno, seeded and diced
- 3 tbsp mayonnaise
- 2 tbsp crumbled cotija cheese
- ½ tsp chili powder
- lime juice, to taste
- salt, to taste

TUESDAY

SPRING VEGETABLE THAI GREEN CURRY

For the green curry paste

- 1 cup basil leaves
- 1 bunch of cilantro
- 1 shallot, chopped
- 5 garlic cloves
- 2 stalks of lemongrass
- 4-to-5-inch piece of fresh ginger
- 4 Thai or serrano chiles
- ¼ cup lime juice
- ¼ cup soy sauce
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp ground cardamom
- 1 tsp dark brown sugar

For the curry

- 1 tbsp grapeseed oil
- ½ cup green curry paste
- 1 carrot, peeled and diced
- 1 tsp kosher salt, divided
- 13.5 oz full fat coconut milk
- 1 red bell pepper
- 2 small zucchini, diced
- ½ cup peas
- 1 lb asparagus
- 1 cup mixed herbs (basil, mint, cilantro)
- 1 tsp soy sauce, plus more for serving
- 2 tsp lime juice
- 1 cup farro or rice

WEDNESDAY

SPAGHETTI WITH FRIED EGGS, CHERRY TOMATOES AND ROASTED PEPPERS

- 2 red bell peppers
- 1 pint cherry tomatoes
- 1 tbsp salted capers
- 4 cloves garlic, minced
- ¼ cup finely chopped parsley
- salt and freshly ground black pepper, to taste
- 3 tbsp Italian seasoned coarse bread crumbs
- 5 tbsp extra virgin olive oil, divided
- 1 lb spaghetti
- 4 large eggs
- freshly grated parmesan cheese

THURSDAY

ROASTED BERRY AND BRIE KALE SALADS

For the salad

- 1 lb strawberries, hulled and halved
- 1 cup blueberries
- 1 tbsp olive oil
- 1 tbsp sugar
- salt and black pepper, to taste
- 1 cup quinoa
- 4 oz brie, cut into small pieces
- 5 oz baby kale

For the dressing

- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp maple syrup
- 1 tbsp whole grain mustard
- salt and black pepper, to taste

DESSERT

TRES LECHES CAKE

For the cake

- 1 cup all purpose flour
- 1½ tsp baking powder
- ¼ tsp salt
- ½ cup whole milk
- 2 tsp vanilla extract
- 5 large eggs, separated
- 1 cup sugar, divided
- For soaking the cake
- 1¼ cups evaporated milk
- 1 cup sweetened condensed milk
- ¼ cup heavy cream

For the topping

- 1¼ cup heavy cream
- 2 tbsp sugar
- 1 tsp vanilla extract
- 1 tsp vanilla bean paste
- cinnamon, for dusting