

# WEEKLY SHOPPING LIST



## SUNDAY

### PASTA ALLA POMAROLA

extra virgin olive oil  
2 medium red or yellow onions, thinly sliced  
salt  
4 garlic cloves  
4 lb fresh, ripe tomatoes or 2 (28 oz) cans whole San Marzano tomatoes in their juice  
16 fresh basil leaves  
1 lb rigatoni (or spaghetti, bucatini, penne, etc)  
ricotta and red pepper flakes, for serving

## MONDAY

### PIMENTO CHEESE STUFFED BLACK BEAN BURGERS

2 (15 oz) cans black beans, drained and rinsed, divided  
2 large eggs  
5 tbsp olive oil, divided  
1 tsp ground cumin  
¼ tsp salt  
⅓ tsp cayenne pepper  
1 cup panko bread crumbs  
1 red bell pepper, seeded and finely chopped  
1 shallot, minced  
9 tbsp pimento cheese spread  
6 slices of cheddar cheese  
6 heirloom tomato slices  
6 burger buns, toasted if desired

## TUESDAY

### KOREAN TEMPEH BOWLS

1 cup brown rice  
For the tempeh  
8 oz tempeh, cut into ¾-inch cubes  
¼ cup tamari  
3 tbsp rice vinegar  
2 tbsp mirin  
1½ tbsp sesame oil  
1 tbsp sugar  
4 cloves garlic, minced  
1 tbsp minced ginger  
1-2 tsp red pepper flakes  
1 tbsp grapeseed oil  
For the vegetables  
1½ tsp grapeseed oil  
2 large carrots  
2 small zucchini  
12 oz broccoli  
2 tbsp toasted sesame seeds  
For the sriracha mayo  
⅓ cup mayonnaise  
1 tbsp rice vinegar  
2 tbsp sriracha  
1 garlic clove, grated  
2 tsp tamari

## WEDNESDAY

### HEALTHY QUINOA AND VEGETABLE STEW

2 tbsp olive oil  
1 onion, chopped  
1 red bell pepper, seeded and cut into ½-inch pieces  
5 garlic cloves, minced  
1 tbsp paprika  
2 tsp ground coriander  
1½ tsp ground cumin  
6 cups vegetable broth  
1 lb red potatoes, peeled and cut into ½-inch pieces  
1 cup white quinoa, rinsed  
14 oz canned diced fire roasted tomatoes  
1 lb frozen peas  
salt and black pepper, to taste  
8 oz monterey jack cheese, grated  
½ cup minced fresh cilantro

## THURSDAY

### EGGPLANT, MOZZARELLA, AND SAFFRON RICE BAKE

¼ cup olive oil  
1 medium onion, chopped  
1 cup arborio rice  
pinch of saffron  
¼ cup dry white wine  
1 cup vegetable broth  
3 large eggplants, cut crosswise into ¼" rounds  
freshly ground black pepper  
3 cups marinara sauce  
1 lb fresh mozzarella, cut into ¾" cubes  
1 cup grated parmesan cheese, divided

## DESSERT

### MAPLE GLAZED PUMPKIN SCONES

2.25 cups (320 g) all purpose flour  
⅓ cup (66 g) sugar  
1 tbsp baking powder  
1 tsp ground cinnamon  
½ tsp ground ginger  
¼ tsp ground nutmeg  
½ tsp salt  
½ cup unsweetened pumpkin puree  
⅓ cup heavy cream, plus more for brushing  
1 large egg  
1 large egg yolk  
½ tsp vanilla extract  
12 tbsp (170 g) unsalted butter, cold and cut into ½-inch pieces  
For the maple frosting  
⅓ cup maple syrup  
1 cup (113 g) powdered sugar  
½ tsp vanilla extract