

# WEEKLY SHOPPING LIST



## SUNDAY

### BUTTERNUT SQUASH AND LENTIL BOLOGNESE WITH MASCARPONE

- 1 cup dried lentils
- ¼ cup olive oil
- 1 onion, peeled and diced
- 1 lb butternut squash, peeled and cut into ½-inch cubes
- 3 garlic cloves, minced
- ½ tsp dried thyme leaves
- 1 tsp dried oregano
- salt and black pepper, to taste
- 1 large bunch swiss chard, stems removed and thinly sliced
- 2 tbsp tomato paste
- ½ cup red wine
- 28 oz whole peeled tomatoes
- 1 lb rigatoni
- 8 oz mascarpone cheese

## MONDAY

### BLACK BEAN, POBLANO, AND SMOKED MOZZARELLA QUESADILLAS

- 4 poblano peppers
- 2 tbsp olive oil, plus more as needed
- 1 onion, sliced
- 1 tsp kosher salt, plus more to taste
- 2 tbsp tomato paste
- 4 garlic cloves
- 2 tsp ancho chili powder
- 3 cups cooked black or pinto beans, rinsed and drained
- 8 large flour tortillas
- 1 lb smoked mozzarella, shredded

## TUESDAY

### VEGAN SOPA AZTECA

- 1 tbsp grapeseed oil
- 1 medium onion, chopped
- 1 red bell pepper, seeded and chopped
- 12 oz carrots, peeled and cut into ½-inch cubes
- 2 tsp chili powder
- 2 tsp cumin
- 1 tsp kosher salt
- 4 garlic cloves, minced
- 4 cups vegetable broth
- 14 oz canned diced tomatoes
- 1 tbsp adobo sauce (from a can of chipotles in adobo)
- ½ cup red lentils
- 5 oz baby chard
- 1 cup frozen corn
- tortilla chip and sour cream, for serving

## WEDNESDAY

### SPICY THAI NOODLES WITH PEPPERS

- 14 oz wide rice noodles
- 6 tbsp soy sauce
- 3 tbsp dark sweet soy sauce (kecap manis)
- 1 tbsp rice vinegar
- 3 tbsp safflower seed oil
- 6 cloves garlic
- 1-2 bird's eye chilis, minced (or more to taste)
- 1 onion, diced
- 5 green bell peppers, thinly sliced
- 8 oz tofu, cut into ½-inch cubes
- 2 oz basil

## THURSDAY

### ZA'ATAR CRUSTED HALLOUMI WITH SUMAC ROASTED VEGETABLES

- 2 tbsp extra virgin olive oil
- 1 pint cherry tomatoes
- 2 zucchini, diced
- 1 red onion, quartered and thinly sliced
- 12 oz green beans, trimmed and cut into 1-inch lengths
- 1 tsp sumac
- salt and black pepper, to taste
- 3 cups water
- 2 cups Israeli couscous
- 1 lb halloumi, cut into ½-inch thick slices
- 2 tbsp za'atar
- juice of 1 lemon

## DESSERT

### BIRTHDAY CAKE PIE

#### For the crumb crust

- 1¾ cups (210 g) vanilla wafer cookie crumbs
- ¼ cup (50 g) sugar
- ½ tsp (2 g) fine sea salt
- 6 tbsp (85 g) unsalted butter, melted

#### For the filling

- 1 cup (200 g) sugar, divided
- ½ cup (40 g) all purpose flour
- 2 large eggs, separated
- 1 cup (235 g) heavy cream
- 4 tsp (15 g) vanilla extract
- ¼ tsp almond extract
- ½ tsp (2 g) fine sea salt
- ¼ tsp cream of tartar
- ½ cup (51 g) confetti sprinkles, plus more for finishing

#### For the chocolate whipped cream

- ½ cup (118 g) heavy cream
- 25 g (2 tbsp) sugar
- 2 tbsp (11 g) unsweetened cocoa powder
- ½ tsp vanilla extract