

WEEKLY SHOPPING LIST



SUNDAY

VEGETARIAN ANTIPASTO PASTA SALAD

1 (15 oz) can chickpeas, drained, rinsed, and patted dry
½ cup + 1 tbsp olive oil, divided
1 tbsp Calabrian chili paste
salt and black pepper, to taste
1 lb penne
6.5 oz marinated artichoke hearts, drained and coarsely chopped
1 lb roasted red peppers, roughly chopped
2 garlic cloves, grated
2 tbsp red wine vinegar
8 oz arugula
8 oz provolone, cut into ½-inch dice

MONDAY

NOT-FRIED EGGPLANT PARMESAN

For the eggplant parm
4 tbsp olive oil, plus more for greasing
4 small (8-12 oz each) Italian eggplants
½ tsp kosher salt
freshly ground black pepper
1 recipe tomato sauce (recipe follows)
6 cups torn sourdough bread
2 cups cherry tomatoes, halved
½ tsp red pepper flakes
½ cup grated parmesan cheese
8 oz burrata
fresh basil leaves, torn

For the tomato sauce
1 tbsp olive oil
1 small onion, diced
3 garlic cloves, thinly sliced
28 oz can diced tomatoes
1 cup water
¼ tsp kosher salt
¼ tsp red pepper flakes
freshly ground black pepper
2-3 fresh basil leaves, torn

TUESDAY

SWEET POTATO AND BLACK BEAN TACOS

For the taco spice mix
1 tsp chili powder
1 tsp cumin
1 tsp paprika
1 tsp ground coriander
2 tsp salt
½ tsp black pepper

For the tacos
12 oz sweet potatoes, peeled and cubed
1 tbsp olive oil
2 shallots, diced
14 oz canned black beans, drained and rinsed
8 taco-sized corn tortillas
4 oz cotija, crumbled
avocado and sour cream, to garnish as desired

WEDNESDAY

VEGETARIAN LENTIL MINESTRONE

2 tbsp olive oil
2 cups minced onion
2 tbsp tomato paste
¼ cup chopped parsley
4 garlic cloves, minced
3 carrots, diced
salt and black pepper, to taste
1 cup French green lentils
2 bay leaves
8 parsley branches
6 thyme sprigs
9 cups vegetable broth
1 bunch swiss chard, stems removed and leaves thinly sliced
12 oz pasta, cooked
shavings of parmesan cheese, to garnish

THURSDAY

STICKY SWEET THAI CHILI TOFU STIR FRY

1.25 lb extra firm tofu, drained and cut into 1-inch cubes
100 g (~¾ cup) all purpose flour
100 g (~1 cup) cornstarch
2.5 tsp kosher salt
canola or vegetable oil, for frying

For the stir fry
2 tbsp canola oil
1 large white onion, sliced
2 red bell peppers, seeded and thinly sliced
9 tbsp Thai sweet chili sauce
4 tbsp soy sauce
cooked short-grain rice and honey-roasted peanuts, for serving

DESSERT

BRAVETART BROWNIES

1 cup all purpose flour
1½ cups Dutch process cocoa powder
3 sticks (12 oz) unsalted butter
6 oz dark chocolate, roughly chopped
2¼ cups white sugar
¼ cup packed dark brown sugar
1¾ tsp kosher salt
6 large eggs
1 tbsp vanilla extract
1 tsp instant espresso powder (optional)