

WEEKLY SHOPPING LIST



SUNDAY

ROASTED POBLANO AND WHITE BEAN CHILI

5 poblano chiles, halved lengthwise, stemmed and seeded
3 Anaheim chiles, halved lengthwise, stemmed and seeded
3 tbsp vegetable oil
3 ears corn, kernels cut from cobs and cobs reserved
2 onions, cut into large pieces
2 jalapeno chiles, stemmed, seeded, and chopped
2 (15 oz) cans cannellini beans, rinsed
4 cups vegetable broth
6 garlic cloves, minced
1 tbsp tomato paste
1 tbsp ground cumin
1½ tsp ground coriander
salt and black pepper, to taste
1 (15 oz) can pinto beans
4 scallions, green parts sliced thin
¼ cup minced fresh cilantro
1 tbsp lime juice

MONDAY

ROASTED TOMATO BUCATINI WITH BURRATA AND BASIL

1 lb bucatini
2 pints cherry tomatoes
2 tbsp olive oil
kosher salt and black pepper, to taste
8 oz burrata

For the basil vinaigrette
1 shallot, minced
4 oz fresh basil leaves, stems removed
1 garlic clove
½ tsp red pepper flakes
½ cup olive oil
2 tbsp red wine vinegar
1 tsp salt

TUESDAY

PALAK PANEER

3 tbsp canola oil
1 lb paneer, cut into ¾-inch cubes
salt, to taste
2 medium onions, minced
1-inch piece of ginger, peeled and grated
5 garlic cloves, minced
½ jalapeno, seeded and minced
14 oz cherry tomatoes, halved
1 tbsp tomato paste
1½ tsp ground coriander
1½ tsp ground cumin
½ tsp ground turmeric
½ tsp Kashmiri chili powder
1 lb baby spinach

WEDNESDAY

BUTTERNUT SQUASH AND SMOKY BLACK BEAN SALAD

1 medium butternut squash, peeled, seeded, and cubed (1/2-inch pieces)
3 tbsp olive oil, divided
salt and black pepper, to taste
2 tbsp red wine vinegar
1 tbsp dijon mustard
1 tbsp honey
1 tbsp adobo sauce
2 garlic cloves, thinly sliced
2 cups cooked black beans
1 large bunch lacinato kale, stemmed and cut into thin slices
½ cup goat cheese, crumbled

THURSDAY

MINISTRONE VERDE

3 tbsp olive oil
2 leeks, clean and thinly sliced
salt and black pepper, to taste
2 medium zucchini
6-7 cups vegetable broth, divided
1 lb small pasta
2 cups frozen peas
5 oz baby kale or spinach
½ cup pecorino romano
½ cup basil pesto

DESSERT

DOUBLE PEANUT CHOCOLATE CHIP MONSTER COOKIES

10 tbsp (140 g) unsalted butter, melted and cooled
1 cup (225 g) dark brown sugar
1 cup (200 g) sugar
2 tsp light corn syrup
1½ tsp vanilla extract
4 large eggs
1½ cups (340 g) creamy peanut butter
4½ cups (450 g) old-fashioned rolled oats
6 tbsp (48 g) all purpose flour
2¼ tsp baking soda
½ tsp fine sea salt
1 cup (225 g) Reese's Pieces candy
1 cup (170 g) dark chocolate chips