

WEEKLY SHOPPING LIST



SUNDAY

BUTTERNUT SQUASH, BRIE, AND CHARD QUICHE

2 tbsp olive oil
1 lb butternut squash, peeled and cut into 1-inch cubes
salt and black pepper, to taste
3 tbsp butter
2 cloves garlic, minced
1 bunch swiss chard, thick stems removed and leaves chopped
6 large eggs
1½ cups heavy cream
8 oz brie, cubed
1 9-inch prepared pie crust

MONDAY

EASY WEEKNIGHT KIDNEY BEAN CURRY

8 oz dried kidney beans soaked overnight or 2 (14 oz) cans kidney beans
2 tbsp canola or grapeseed oil
1 cinnamon stick
½ tsp cumin seeds
1 large onion, minced
1¾-inch piece of ginger, peeled and grated
2 garlic cloves, minced
1 fresh green chili pepper, seeded and minced
2 tbsp tomato paste
1 tsp sugar
1¼ tsp salt
1 tsp garam masala
¼ tsp ground turmeric

TUESDAY

PUMPKIN TORTELLINI WITH PUMPKIN ALFREDO SAUCE

2 lb pumpkin (or cheese!) tortellini
5 oz baby kale
2 cups vegetable broth
1 cup light cream
3 tbsp all purpose flour
2 tbsp butter
3 cloves garlic, minced
¾ cup pumpkin puree
¾ cup grated parmigiano reggiano
¼ cup minced chives
salt and black pepper, to taste
¼ cup toasted pistachios, chopped

WEDNESDAY

CREAMY TOMATO SOUP WITH CARAMELIZED ONIONS

4 tbsp butter
6 tbsp olive oil, divided
1¼ lb onions, peeled and finely chopped
salt and black pepper, to taste
2 large garlic cloves, peeled and minced
1 lb cherry tomatoes
4 tbsp tomato paste
2 tbsp basil leaves, roughly torn
pinch of red pepper flakes
2 cups vegetable broth
½ lb orecchiette
2 tbsp heavy cream

THURSDAY

CHICKPEA NICOISE SALAD

1 lb string beans, trimmed and cut into 1-inch pieces
1 red bell pepper, thinly sliced and cut into 1-inch pieces
1 small onion, diced
2 cups chickpeas
1 (14 oz) can artichokes, drained and coarsely chopped
1 (14 oz) can black olives, drained and halved
2 tbsp extra virgin olive oil
juice of 1 lemon
1 tsp salt, plus more to taste

DESSERT

OLD-FASHIONED APPLE CAKE WITH BROWN SUGAR FROSTING

For the cake	For the frosting
2½ cups all purpose flour	7 tbsp unsalted butter
1¾ cup sugar	¾ cup brown sugar
2 tsp baking soda	¼ tsp salt
¾ tsp salt	¼ cup milk
1 tsp cinnamon	2¼ cup powdered sugar
¼ tsp ground ginger	¾ tsp vanilla extract
¼ tsp ground nutmeg	
2 large eggs	
8 tbsp unsalted butter, softened	
1½ lb apples, peeled, cored, and finely chopped	