

WEEKLY SHOPPING LIST



SUNDAY PIZZA BEANS

2 tbsp olive oil
1 large onion, chopped
2 carrots, peeled and diced
salt and red pepper flakes, to taste
2 large garlic cloves, minced
¼ cup white wine
1 bunch curly kale leaves, torn
28 oz canned crushed tomatoes
1 lb cooked white beans
¾ cup vegetable broth
½ lb mozzarella, coarsely grated
⅓ cup grated parmesan cheese

MONDAY BUTTERNUT SQUASH AND SAFFRON SOUP

For the soup
2½ tbsp olive oil
2 large onions
5 garlic cloves, minced
2 lb butternut squash
1 large potato
1 tsp paprika
¼ tsp saffron threads
1 quart vegetable broth
salt and black pepper, to taste

For the caramelized pistachios
1 cup mixed pistachios and pumpkin seeds
1 tsp urfa chili flakes
2 tsp light corn syrup
2 tsp maple syrup
1 tbsp olive oil
¼ tsp flaky sea salt

For the herb oil
¾ cup parsley, finely chopped
½ cup oregano, finely chopped
1 shallot, minced
½ tsp red pepper flakes
½ cup olive oil
1 tbsp apple cider vinegar
salt and black pepper, to taste

TUESDAY SWEET POTATO, BROWN BUTTER, AND FRIED SAGE PIZZA

For the pizza dough
1 tbsp active dry yeast
pinch of sugar
1 cup lukewarm water, divided
3 cups bread flour
2 tsp sea salt
2 tbsp olive oil

For the pizza topping
1 lb sweet potatoes, peeled and thinly sliced crosswise
1 tbsp olive oil
salt and black pepper, to taste
4 tbsp butter
6 sage leaves
8 oz mozzarella, grated

WEDNESDAY INDIAN CURRY CHILI

seeds from 2 green cardamom pods
4 tbsp olive oil
1 red onion, diced
2 garlic cloves, minced
2 summer squash or zucchini, diced
1 tsp ground Kashmiri chili pepper
½ tsp ground turmeric
1 tsp garam masala
14.5 oz canned diced tomatoes
2 cups cooked pinto or brown beans
4 cups vegetable broth
1 cup frozen corn
3 tbsp lime juice
½ tsp fine sea salt
2 large naans
3 tbsp minced cilantro

THURSDAY CHIPOTLE BUTTERNUT SQUASH AND SWISS CHARD ENCHILADA CASSEROLE

For the enchilada sauce
1 tbsp olive oil
1 medium onion, diced
3 cloves garlic, minced
1 tbsp chipotle chile powder
2 tbsp ancho chile powder
2 tsp cumin
2 tsp sugar
2 (8 oz) cans tomato sauce

For the enchiladas
1 medium butternut squash, peeled, seeded and cut into ½-inch dice
2 tbsp olive oil
salt and black pepper, to taste
1 bunch swiss chard, thinly sliced
2 cups cooked black beans
8 corn tortillas, halved
8 oz cheddar cheese, grated

DESSERT CINNAMON ROLL BLONDIES

For the cream cheese filling
4 oz (113 g) cream cheese
¼ cup (50 g) sugar
1 tsp vanilla extract
pinch of kosher salt

For the cinnamon sugar swirl
¼ cup (50 g) brown sugar
2 tbsp unsalted butter
pinch of kosher salt
1 tsp ground cinnamon

For the blondies
2 cups (284 g) all purpose flour
1½ tsp baking powder
1 cup (227 g) unsalted butter
1 cup (200 g) sugar
1 cup (200 g) brown sugar
1½ tsp vanilla extract
1 tsp kosher salt
2 large eggs + 4 egg yolks, room temperature