

# WEEKLY SHOPPING LIST



## SUNDAY

### BUTTERNUT SQUASH, TALEGGIO AND SAGE RISOTTO

- 4-5 cups vegetable broth
- 4 cups diced butternut squash
- 1 tbsp olive oil
- 2 tbsp butter, divided
- 2 shallots, minced
- 1 tbsp chopped sage
- 1.5 cups arborio rice
- ½ cup dry white wine
- 1 tsp kosher salt, plus more to taste
- freshly ground black pepper
- 1 cup parmigiano-reggiano cheese
- 4 oz taleggio, cut into ½-inch dice

## MONDAY

### CHICKPEA, TOMATO, AND ORZO SOUP WITH BASIL PESTO

- 2 large onions, thinly sliced
- 3 tbsp olive oil
- 2 large carrots, peeled and cut into half moon slices
- 1 tbsp tomato paste
- 1 cup white wine
- 1 (14 oz) can crushed tomatoes
- 1 tbsp chopped oregano
- 2 tbsp chopped parsley
- 1 tbsp thyme leaves
- 2 bay leaves
- 2 tsp sugar
- 4½ cups vegetable broth
- salt and black pepper, to taste
- 1 cup dried orzo
- 2½ cups cooked chickpeas
- 4 tbsp basil pesto

## TUESDAY

### MEXICAN VEGETABLE QUINOA CASSEROLE

- 2 tbsp olive oil, divided
- 2 cups quinoa, rinsed
- 1 jalapeno pepper, seeded and minced
- 1 bunch cilantro, stems and leaves separated and finely chopped
- salt and black pepper, to taste
- 2 zucchini, diced
- 1 red bell pepper, seeded and diced
- 1 tbsp chili powder
- ½ tsp garlic powder
- ¼ tsp dried oregano
- ½ tsp dried paprika
- 1½ tsp ground cumin
- 1 tsp black pepper
- 28 oz whole peeled tomatoes, pureed
- 2 cups pinto beans
- 1 lb white cheddar cheese, grated

## WEDNESDAY

### SWEET POTATO VINDALOO

- 4 tbsp canola oil
- 6 cloves
- 1 star anise
- 20 black peppercorns
- 3-inch cinnamon stick
- 2 tsp cumin seeds
- 6 garlic cloves, minced
- 1¾-inch piece of ginger, peeled and grated
- 5 tbsp white wine vinegar
- ¾ tsp kashmiri chili powder
- 2 medium onions, thinly sliced
- 1 tsp salt
- 1 tsp sugar
- 14 oz can crushed tomatoes
- 2 lb sweet potatoes, peeled and cut into 1-inch chunks

## THURSDAY

### PASTA WITH BLACK LENTIL, KALE, AND CHARD RAGOUT

- 1 cup dried black lentils
- 1 bay leaf
- salt and black pepper, to taste
- 6 tbsp extra virgin olive oil
- 4 cloves garlic, minced
- 1 leek, thinly sliced
- 2 large carrots, peeled and cut into ¼-inch chunks
- 2 cups vegetable broth
- 1 bunch swiss chard, leaves thinly sliced
- 1 lb gemelli pasta, cooked according to package directions
- 4 oz goat cheese

## DESSERT

### FUNFETTI ANGEL FOOD CAKE

- 12 large egg whites (360 g), room temperature
- 1 tsp vanilla extract
- pinch of cream of tartar
- 1½ cups (300 g) sugar
- 1 cup (100 g) sifted cake flour
- ½ cup (60 g) rainbow sprinkles
- ½ tsp kosher salt