

# WEEKLY SHOPPING LIST



## SUNDAY

### RIGATONI WITH SPICED TOMATO

#### SAUCE

- 2 (28 oz) cans crushed tomatoes
- 2 tsp cumin seeds
- 2 tsp coriander
- 2 tbsp nigella seeds
- 2 tbsp olive oil
- 2 onion, diced
- 8 garlic cloves, minced
- pinch of chili powder
- salt and black pepper, to taste
- pinch of dried oregano
- 1 lb rigatoni
- 8 oz feta cheese

## MONDAY

### SPICY MEXICAN HALLOUMI AND BLACK BEAN BOWLS

- 1.5 cups farro
- 1 tbsp ancho chili powder
- 2 tsp smoked paprika
- 2 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp oregano
- 1 lb halloumi, cut into ½-inch thick slices
- 2 tbsp olive oil, divided
- 1 onion, diced
- 1.5 cups frozen corn
- 2 poblano peppers, diced
- 2 cups cooked black beans
- For the honey-lime vinaigrette
  - ¼ cup fresh lime juice
  - ¼ cup olive oil
  - 1 tbsp honey
- 1 garlic clove, grated

## TUESDAY

### CRISPY QUINOA AND POWER GREENS SALAD

- 2 tbsp olive oil, divided
- 1 medium sweet potato, peeled and diced into ½-inch cubes
- 11 oz Earthbound Farm Power Greens blend, or other salad blend
- ¾ cup cooked quinoa, cooled
- ¼ cup sliced almonds
- 1 pomegranate
- For the vinaigrette
  - ¼ cup meyer lemon juice
  - 1 garlic clove, minced
  - 3 tbsp red wine vinegar
  - 1 tbsp honey
  - 1 tsp kosher salt
  - ½ tsp smoked paprika
  - ½ cup greek yogurt
  - 3 tbsp olive oil

## WEDNESDAY

### WINTER SQUASH AND RADICCHIO RISOTTO

- 2 cups kabocha squash, cut into ½-inch dice
- 2 tablespoons extra virgin olive oil
- 1 tablespoons thyme leaves
- 4 cups vegetable broth
- 5 tablespoons butter
- 1 cup diced white onion
- 2 cups Arborio rice
- ½ tsp red pepper flakes
- ¼ cup dry white wine
- 1 cup thinly sliced radicchio
- ½ cup grated Parmigiano-Reggiano
- ¼ cup sliced flat leaf parsley

## THURSDAY

### WHITE BEAN SOUP WITH PASTA AND ROSEMARY OIL

- For the rosemary oil
  - ½ cup extra virgin olive oil
- 2 tbsp minced fresh rosemary
- 2 garlic cloves
- For the soup
  - 2 tbsp olive oil
- 1 tbsp minced fresh rosemary
- 1 onion, diced
- 2 carrots, diced
- 5 garlic cloves, minced
- ½ cup parsley, minced
- 3 cups cooked white beans
- 6 cups vegetable broth
- 1 lb small pasta
- parmesan cheese, to garnish

## DESSERT

### PEANUT BUTTER CRUNCH BROWNIES

- For the brownies
  - 1 cup + 2 tbsp (160 g) all purpose flour
  - ½ tsp baking powder
  - 4 large eggs, room temperature
  - 1½ cups (300 g) sugar
  - ½ cup (100 g) brown sugar
  - ½ cup (112 g) canola oil
  - 2 tsp vanilla extract
  - 8 tbsp (113 g) unsalted butter
  - 8 oz (226 g) bittersweet chocolate, chopped
  - ¼ cup (25 g) Dutch process cocoa powder
- For the peanut butter filling
  - 1½ cups (323 g) creamy peanut butter
  - ½ cup (60 g) powdered sugar
  - 4 tbsp (57 g) unsalted butter
  - ½ tsp vanilla extract
- For the chocolate ganache
  - 5 oz (142 g) semisweet chocolate
  - ½ cup (120 g) heavy cream
  - ½ cup (60 g) cacao nibs