

WEEKLY SHOPPING LIST



SUNDAY

CREAMY MASCARPONE

TORTELLINI

- 4 tbsp olive oil, divided
- 1.5 lb cherry tomatoes, halved
- salt and black pepper, to taste
- 2 lb fresh cheese tortellini
- 1 shallot, minced
- 4 garlic cloves, minced
- 1 large bunch of lacinato kale, stems removed and leaves thinly sliced
- 8 oz mascarpone cheese
- ½ cup pasta cooking water

MONDAY

ROASTED CAULIFLOWER, SAGE, AND

ALMOND RISOTTO

- 1 head cauliflower, trimmed and chopped
- 2 tbsp olive oil
- salt and black pepper, to taste
- ¼ cup sliced almonds
- 4 sprigs sage
- 6 cups vegetable broth
- 1 tbsp butter
- 1 onion, diced
- 2 tbsp minced fresh sage
- 1½ cups arborio rice
- ½ cup red wine
- ½ cup grated parmesan cheese
- 4 oz strong cheese (Taleggio, gouda, etc)

TUESDAY

VEGETARIAN BLACK BEAN AND CHEESE

ANCHO-LADAS

For the ancho-lada sauce

- 2 cups hot water
- 4 dried Ancho chili peppers, seeded and destemmed
- 1 small onion, diced
- 1 (15 oz) can diced fire-roasted tomatoes
- 4 garlic cloves
- 1 tbsp honey
- For the filling
- 1 red bell pepper, seeded and thinly sliced
- 1 small onion, thinly sliced
- 2 tbsp olive oil
- ½ tsp kosher salt
- 2 (15 oz) cans black beans, drained and rinsed
- 1½ cups grated cheese (blend of cheddar and Monterey Jack cheese)
- 2¼ cups ancho-lada sauce (recipe above), divided
- 16 taco-sized flour tortillas
- For the toppings
- 2 tbsp crumbled cotija cheese

WEDNESDAY

PANEER BUTTER MASALA

- 1-2 tbsp canola oil
- 1 lb hard paneer, cut into ¾-inch cubes
- 3 tbsp unsalted butter
- 1 large onion, diced
- 1 tbsp minced ginger
- 6 garlic cloves, minced
- 28 oz canned crushed tomatoes
- 1 tbsp dried fenugreek leaves
- 1 tsp ground cinnamon
- ¼ tsp ground cloves
- ½ tsp kashmiri chili powder
- 2 tbsp honey
- 1½ tsp salt
- 1½ cups peas
- ½ cup heavy cream

THURSDAY

MEXICAN FIESTA CHOPPED SALAD

For the dressing

- 1 cup 2% Greek yogurt
- ¼ cup milk
- 4 tsp apple cider vinegar
- 4 tsp Mexican or taco seasoning
- For the salad
- 12 oz lettuce (I used a Gourmet lettuce medley)
- 2 cups cooked black beans
- 8 oz canned or frozen corn, drained and thawed
- 1 medium avocado, cubed
- 1 pint grape tomatoes, halved
- 8 oz queso fresco, crumbled
- crumbled tortilla chips, to garnish

DESSERT

CARAMEL CANVAS BLONDIES

- 3 cups (384 g) all purpose flour
- 2¼ tsp baking powder
- 1 tsp flaky sea salt
- ½ tsp fine sea salt
- 2 cups + 2 tbsp (480 g) packed dark brown sugar
- 3 large eggs, cold
- 1 large egg yolk, cold
- 1 tbsp vanilla extract
- 1½ cups (339 g) unsalted butter, browned and cooled to room temperature
- 1 cup chocolate chips
- 1 cup chopped pecans