

# WEEKLY SHOPPING LIST



## SUNDAY

### CHEESY BAKED ZUCCHINI PASTA

¼ cup extra virgin olive oil  
6 garlic cloves, minced  
2 shallots, diced  
1 tsp dried oregano  
½ tsp red pepper flakes  
2 zucchini, cut into ¼-inch cubes  
28 oz canned crushed tomatoes  
salt and black pepper, to taste  
1 lb conchiglie pasta or other short cut pasta  
½ cup reserved pasta water  
4 oz fontina, shredded  
8 oz ricotta  
8 oz fresh mozzarella, thinly sliced

## MONDAY

### HALAL STREET CART CHICKPEAS

<b>For the chickpeas</b> 1 tbsp olive oil 2 14-oz cans chickpeas, drained and rinsed 2 shallots, minced 2 garlic cloves, minced 2 tsp grated fresh ginger 1¼ tsp cumin 1 tsp coriander ¾ tsp curry powder ½ tsp cinnamon ½ tsp paprika ¼ tsp black pepper	<b>For the turmeric rice</b> 1 tbsp olive oil 3 cups basmati rice 1 small onion, minced 2 slices fresh ginger ½ tsp salt ½ tsp turmeric ¼ tsp ground cardamom
<b>For the tahini yogurt sauce</b> 1½ cups plain yogurt 2 tbsp tahini 1 garlic clove, grated	<b>For the harissa oil</b> 2 tbsp harissa ¼ cup olive oil
	<b>For the bowls</b> 1 tbsp olive oil 1½ lb sweet potatoes

## TUESDAY

### WEEKNIGHT VEGETARIAN CHILI

2 tbsp olive oil  
2 onions, diced  
1 red bell pepper, stemmed, seeded and cut into ½-inch pieces  
salt and black pepper, to taste  
4 garlic cloves, minced  
1 tbsp chili powder  
1½ tsp cumin  
1 tsp ground coriander  
1 tsp chipotle chili in adobo, minced  
¾ lb dried white, black, or pinto beans  
1 (28 oz) can whole peeled tomatoes, chopped  
1 (15 oz) can tomato sauce  
1 cup vegetable broth  
3 zucchini or summer squash, cut into ½-inch pieces

## WEDNESDAY

### PESTO AND CHEDDAR GRILLED CHEESE WITH TOMATO SOUP

<b>For the tomato soup</b> 1 tbsp unsalted butter 1 tbsp olive oil 1 onion, thinly sliced 3 garlic cloves, smashed 2 (28 oz) cans whole peeled tomatoes 1 cup water ⅔ cup heavy cream 2 tsp kosher salt, plus more to taste ¼ tsp freshly ground black pepper ½ tsp red pepper flakes ¼ tsp dried oregano 1 tbsp sugar	<b>For the grilled cheese</b> 3 cups basil 2 tbsp pine nuts 1 garlic clove 1 tsp lemon juice 5 tbsp olive oil 3 tbsp grated Parmesan cheese 8 slices rustic bread 8 oz cheddar cheese, grated butter, for greasing the pan
--	---

## THURSDAY

### CHICKPEA AND VEGETABLE STIR FRY

**For the sauce**  
⅔ cup soy sauce  
½ cup vegetable broth  
⅓ cup rice vinegar  
1 tsp sesame oil  
1 tbsp brown sugar  
2 tsp gochujang  
1 tsp grated ginger  
2 tbsp cornstarch  
**For the stir fry**  
1 tbsp grapeseed oil  
10 oz frozen broccoli florets  
10 oz frozen peas and carrots  
1 red bell pepper, thinly sliced  
1 yellow bell pepper, thinly sliced  
2 cups sugar snap peas  
1 (8 oz) can sliced water chestnuts, drained  
1 (15 oz) can chickpeas, drained

## DESSERT

### DARK CHOCOLATE GANACHE BUNDT CAKE

**For the cake**  
Dutch-processed cocoa powder for dusting, plus ½ cup (40 g)  
½ cup heavy cream  
½ cup (100 g) chopped bittersweet chocolate  
¼ cup buttermilk  
1½ cups (180 g) all purpose flour  
½ tsp baking soda  
½ tsp kosher salt  
¾ cup (165 g) unsalted butter, room temperature  
1½ cups (300 g) sugar  
1 tbsp vanilla extract  
2 large eggs, room temperature  
3 large egg yolks, room temperature  
**For the dark chocolate ganache**  
1 cup heavy cream  
8 oz (225 g) bittersweet chocolate, finely chopped