

WEEKLY SHOPPING LIST



SUNDAY

LOADED PINTO BEAN AND TORTILLA SOUP

- 1 large Vidalia onion, chopped
- 1 large red bell pepper, seeded and chopped
- 1½ tbsp olive oil
- 2 large carrots, peeled and cubed
- 1 jalapeno, seeded and minced
- 2 garlic cloves, minced
- ½ tsp sea salt, plus more to taste
- pinch of sugar
- ¾ tsp cumin
- ½ tsp chili powder
- 1 tsp adobo sauce
- 2 cups bean broth (from can or cooking homemade beans)
- 2 cups vegetable broth
- 15 oz canned fire-roasted diced tomatoes
- 2 cups cooked pinto beans

MONDAY

SPICED CHICKPEA STEW WITH BURNT LEMONS AND STRING BEANS

- 3½ tbsp olive oil
- 1 tbsp cumin seeds
- ½ tbsp nigella seeds
- pinch of red pepper flakes
- 1 tbsp ground turmeric
- 4 garlic cloves, thinly sliced
- 1 white onion, diced
- salt and black pepper, to taste
- 2 (14.5 oz) cans chickpeas, liquid reserved
- 1 lb string beans, trimmed
- 2 lemons, halved
- plain greek yogurt, sour cream, or creme fraiche

TUESDAY

BAKED GREEN ENCHILADA QUESADILLAS

- 2 tbsp canola oil
- 1 yellow onion, diced
- 3 garlic cloves, minced
- 2 tsp ancho chili powder
- 1 tsp cumin
- 1 tsp kosher salt
- 2 tbsp water
- 15 oz refried pinto beans
- 8 oz cheddar cheese, shredded
- 8 flour tortillas
- ¼ cup green enchilada sauce, plus more for dipping

WEDNESDAY

SPICY CHERRY TOMATO AND FETA PASTA

- 1 lb cavatappi pasta
- ½ cup olive oil
- 6 garlic cloves, thinly sliced
- 1.5 lb cherry tomatoes, halved
- 1-2 tbsp calabrian chili paste
- salt and black pepper, to taste
- pinch of sugar
- 8 oz feta cheese, crumbled
- red pepper flakes, to garnish

THURSDAY

PANEER TIKKA MASALA

- vegetable or peanut oil, for frying
- 8 oz paneer, cut into ½-inch cubes
- 3 tbsp olive oil
- 6 garlic cloves, minced
- 1 onion, diced
- ¼ cup tomato paste
- 6 cardamom pods, crushed
- ½ tsp red pepper flakes
- 2 tsp minced ginger
- 2 tsp ground turmeric
- 1 tsp garam masala
- 1 tsp ground coriander
- 1 tsp ground cumin
- 28 oz can whole peeled tomatoes
- salt, to taste
- 2 cups heavy cream
- 1 lb frozen peas

DESSERT

BUTTERY VANILLA CUPCAKES WITH RASPBERRY BUTTERCREAM

- For the cupcakes**
- 1½ cups cake flour
- ½ tsp baking powder
- ¼ tsp baking soda
- 1 tsp kosher salt
- ½ cup buttermilk, room temperature
- 1 tsp vanilla extract
- 9 tbsp unsalted butter, softened
- 1 cup sugar
- 1 large egg + 2 large egg yolks
- For the raspberry frosting**
- 38 + 38 g granulated sugar, divided
- 63 g egg yolks
- 75 g whole milk
- 250 g unsalted butter, cut into ½ inch pieces, at room temperature
- 20 g freeze-dried raspberry powder