

WEEKLY SHOPPING LIST

SUN

QUINOA VEGETABLE STEW

- 1 lb red potatoes
- 1 onion
- 1 red bell pepper
- ½ cup minced fresh cilantro
- 5 garlic cloves
- 1 lb frozen peas
- 1 tbsp paprika
- 2 tsp ground coriander
- 1½ tsp ground cumin
- 6 cups vegetable broth
- 1 cup white quinoa
- 14 oz can diced fire roasted tomatoes
- 8 oz monterey jack cheese, grated



MON

BUTTERNUT SQUASH CASSEROLE

- 1 medium sized butternut squash, (approx. 2 and 1/2 lbs)
- 1 yellow onion
- 1 poblano or green bell pepper
- 2 jalapeños
- 1/2 cup cilantro, chopped
- 1 cup fresh baby spinach leaves
- 2 tablespoons high heat oil
- 2 teaspoons cumin powder
- 1 (15 ounce) can black beans
- 2 cups salsa or enchilada sauce
- 8 small or 6 large corn tortillas
- 1 and 1/2 cups shredded Mexican cheese



TUES

VEGAN TUNA PASTA SALAD

- 2 1/2 cups crumbled extra firm tofu
- 3/4 cup chopped celery
- 3/4 cup grated carrot
- 1/2 cup chopped red onion
- 3/4 cup vegan mayo
- 2 tablespoons nori flakes
- 1 lb your favorite pasta
- 2 teaspoons nutritional yeast



WED

POTATO PARSNIP FRITTERS

- 1 medium sweet potato
- 1 medium parsnip
- 1 avocado
- 2 tbl lime juice
- 2 tsp stone ground mustard
- 1/2 cup sunflower seeds
- 1.5 tbl nutritional yeast
- 1 tsp chipotle chili powder

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VEGETARIAN CHILI

- 1 medium onion
- 4 cloves garlic
- 1 bell pepper
- 1 large carrot
- 1 large stalk celery
- 1 jalapeño
- 2 tbsp parsley
- 2½ tbsp chili powder
- ½ tbsp cocoa powder
- 2 tsp cumin
- 1 tsp smoked paprika
- 1 tsp oregano
- 1 tsp sugar
- ¼ tsp cinnamon
- 1-28oz can diced tomatoes
- 2 tbsp extra-virgin olive oil
- ¼ cup tomato paste
- 1-15oz can pinto or black beans
- 1-15oz can red kidney beans