

WEEKLY SHOPPING LIST

SUN

CREAMY EGGPLANT SOUP

- 1 medium-size eggplant
- 5 large tomatoes
- 1 yellow onion
- 3 garlic cloves
- 1/4 cup extra virgin olive oil
- 1/2 cup raw cashews
- 1 and 1/2 cup vegetable broth
- 1 tablespoon tamari (optional)
- 1 tablespoon fresh oregano or 1 teaspoon dried
- 1 tablespoon fresh basil or 1 teaspoon dried

MON

SWEET POTATO CHILI

- 1 onion
- 2 garlic cloves
- 1 orange bell pepper
- 1 yellow bell pepper
- 3 medium sweet potatoes
- 2 tsp chipotle chili powder
- 2 tsp cumin
- 1 tsp cinnamon
- 1 tsp cocoa powder
- 15 oz can black beans
- 15 oz can pinto beans
- 14.5 oz can diced fire-roasted tomatoes

TUES

EASY CHANA SAAG

- 1/2 small yellow onion
- 1 small jewel yam (or large red potato)
- 3 cloves garlic
- 4 cups baby spinach
- 1 tbl fresh ginger
- 1 cup full-fat canned coconut milk
- 1 tbl yellow curry powder
- 1 tsp ground cumin
- 1/2 tsp red pepper flakes
- 1/4 tsp ground turmeric
- 1 (14-ounce) can diced tomatoes
- 1 (14-ounce) can chickpeas
- cooked rice for serving

WED

LENTIL VEGETABLE SOUP

- 2 small onions
- 2 stalks celery
- 2 medium carrots
- 2 cloves garlic
- 1 medium potato
- 2 cups spinach
- 1 cup lentils
- 1 cup green beans (I used frozen)
- 1½ tsp italian seasoning
- 2 bay leaves
- 4 cups vegetable broth
- 2 tbsp tomato paste
- 1-15oz canned diced tomatoes
- 1 tbsp balsamic vinegar

THUR

TEMPEH SLOPPY JOES

- 1/4 cup diced onion
- 1 clove garlic,
- 1 (8 oz) package tempeh, crumbled
- 1 (15 oz) can chickpeas
- 1 cup marinara sauce
- 1 tablespoon maple syrup
- 1 tablespoon ketchup
- 2 teaspoons apple cider vinegar
- 1 teaspoons tamari
- 1 teaspoon chili powder
- 3/4 teaspoons smoked paprika
- 1/2 teaspoon mustard powder
- 1/2 teaspoon ground cumin
- 6 hamburger buns