

WEEKLY SHOPPING LIST

SUN

WILD RICE MUSHROOM SOUP

- 1 medium-size onion
- 3 carrots
- 2 celery
- 4 garlic cloves
- 8 ounces mushrooms
- 2 tablespoons tamari (or coconut amigos)
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- 2 cups plain unsweetened almond milk
- 2 tablespoons nutritional yeast
- 1 tablespoon arrowroot powder
- 1 and 1/2 cup vegan chicken broth
- 1/2 cup raw cashews
- 1/2 cup wild rice
- 2 tablespoons olive oil (or vegan butter)

MON

SMALL BATCH ENCHILADAS

- 1 medium sweet potato
- 1/2 medium yellow onion
- 1 large red bell pepper
- 2.5 ounces baby spinach
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1 cup canned black beans
- 4 large flour tortillas (GF if necessary)
- 1 10-ounce can red enchilada sauce
- 1 cup grated Jack cheese

TUES

ENCHILADA CASSEROLE

- 1 medium onion
- 1 medium butternut squash
- 3 tbsp olive oil
- 1 bunch swiss chard
- 3 cloves garlic, minced
- 1 tbsp chipotle chile powder
- 2 tbsp ancho chile powder
- 2 tsp cumin
- 2 tsp sugar
- 2 (8 oz) cans tomato sauce
- 2 cups cooked black beans
- 8 corn tortillas
- 8 oz cheddar cheese, grated

WED

BUTTERNUT SQUASH PASTA

- 24oz cubed butternut squash
- 2 tbsp fresh shopped sage
- 1 cup peas, optional
- 16 oz whole-grain pasta
- 1½ cups vegetable broth
- 1 tbsp pure maple syrup
- ¾ cup raw cashews

THUR

BAKED VEGGIE BURRITOS

- 1/2 diced onion
- 1 large red pepper
- 1 medium sized zucchini
- 1 cup packed chopped kale
- 1 teaspoon paprika
- 1 teaspoon cumin
- 3/4 teaspoon granulated garlic
- 6 large tortillas
- 2 cups refried beans
- 2 cups enchilada sauce
- 2 cups grated cheese