

# WEEKLY SHOPPING LIST

SUN

## ENCHILADA CASSEROLE

- 1 medium red bell pepper
- 1-8oz pkg tempeh
- 1 small onion
- 1 bunch kale
- ¾ cup corn
- ½ tsp garlic powder
- ½ tsp chili powder
- ¼ tsp cayenne pepper
- 1-15oz can kidney or black beans
- ½ cup raw cashews
- 1 heaping cup chunky salsa
- ½ cup enchilada sauce



WED

## BUTTERNUT SQUASH BOWLS

- 1 small head cauliflower
- 1 small butternut squash
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 2 cups black beans
- 1 cup enchilada sauce
- 2 corn tortillas
- 1/2 cup grated cheese

MON

## ONE-POT BAKED PANEER

- 1 onion
- 2 garlic cloves
- 1 lb baby spinach
- 1-inch piece of ginger
- 1 tsp red pepper flakes
- 2 tsp garam masala
- ½ tsp chili powder
- pinch of sugar
- 1 (14 oz) can diced tomatoes
- 4 cups cooked chickpeas
- 8 oz paneer
- 4 tbsp butter
- ½ cup heavy cream

THUR

## SHEET PAN TEMPEH

- 1 lb baby red potatoes
- 1 small head cabbage
- handful chopped fresh parsley
- 1 small clove garlic
- 8 ounces tempeh
- 2 tablespoons tamari
- 4 tablespoons red wine vinegar
- 1 teaspoon dried oregano
- 1 teaspoon smoked paprika
- 1/4 cup tahini
- 2 tablespoons dijon mustard
- high heat oil

TUES

## BROCCOLI "CHEDDAR" SOUP

- 2 medium Yukon gold potatoes
- 2 large carrots
- 2 crowns broccoli
- 1/2 leek
- 32 ounces vegetable broth
- 1 cup full-fat canned coconut milk
- 2 teaspoons cider vinegar
- 1/3 cup nutritional yeast
- 1 tablespoon tapioca flour (or cornstarch)