

WEEKLY SHOPPING LIST

SUN

ONE-POT PUMPKIN CHILI

- 1 onion
- 1 green pepper
- 3 cloves garlic
- 2 tablespoons tomato paste
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 teaspoon smoked paprika
- 1 teaspoon oregano
- 1 (15-ounce) can pumpkin puree
- 1 (15-ounce) can pinto beans
- 1 (15-ounce) can black beans
- 1 (15-ounce) can diced tomatoes
- 1 cup frozen corn kernels
- 1/2 cup vegetable broth
- avocado, yogurt, cilantro and green onion for topping



WED

MUSHROOM TOFU CHILI

- 1 lb. extra firm tofu
- 1 medium onion
- 2 cloves garlic
- 8oz mushrooms
- 2 bell peppers
- 2½ tbs chili powder
- 2 tsp cacao powder
- 2 tsp oregano
- 1 tsp cumin
- 2-15oz cans beans (red and white kidney beans)
- 2-15oz cans diced fire-roasted tomatoes

THUR

TAHINI SPAGHETTI SQUASH

- 1 large spaghetti squash
- 1 large crown broccoli
- 1 medium zucchini
- 4 large kale leaves
- 1/3 cup pumpkin seeds
- 1/4 cup tahini
- 1/4 cup avocado oil
- 1/4 cup cider vinegar

MON

CURRIED CHICKPEA SALAD

- 1/2 cup diced celery
- 4 lettuce cups
- 1 small apple
- 1/4 cup chopped red onion
- 1/4 cup dried cranberries
- 2 (15-ounce) cans chickpeas
- 1/4 cup vegan mayo
- 1 teaspoon dijon mustard
- 2 teaspoons curry powder



TUES

SWEET POTATO TACOS

- 12 oz sweet potatoes
- 2 shallots
- 1 avocado
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp ground coriander
- 14 oz canned black beans
- 8 taco-sized corn tortillas
- 4 oz cotija, crumbled
- sour cream

