

WEEKLY SHOPPING LIST

SUN

AFRICAN PEANUT STEW

- 1 onion
- 1 jalapeno
- 4 garlic cloves
- 2-inch knob fresh ginger
- 1 large (1-lb) sweet potato
- 1 bunch collard greens
- 1-2 limes
- fresh cilantro for topping
- 2 teaspoon cumin
- 1/4 teaspoon cayenne
- 3 tablespoons tomato paste
- 1/2 cup unsweetened peanut butter
- 4 cups vegetable broth
- cooked brown rice
- roasted peanuts



MON

CRISPY POTATO TACOS

- 2 large russet potatoes
- optional: lettuce, tomato, avocado, salsa, onion, jalapeno, cilantro
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- corn tortillas



TUES

VEGETABLE ENCHILADAS

- 5 oz baby spinach
- 8 oz frozen corn
- 2 tbsp tomato paste
- 1 tbsp all purpose flour
- 1 tbsp chili powder
- 1 1/2 tsp cumin
- 1/2 tsp paprika
- 1/4 tsp dried shallots or onion powder
- 1/4 tsp garlic powder
- 1/4 tsp red pepper flakes
- 1/4 tsp oregano
- 1 cup vegetable broth
- 1 (15 oz) can black beans
- 12 corn tortillas
- 8 oz pepperjack cheese



WED

VEGAN BUTTERNUT PASTA

- 24oz cubed butternut squash
- 2 tbsp fresh shopped sage
- 1 cup peas
- 1 1/2 cups vegetable broth
- 1 tbsp pure maple syrup
- 3/4 cup raw cashews
- 16 oz whole-grain pasta

THUR

RUSTIC MINISTRONE SOUP

- 1/2 yellow onion
- 3 large carrots
- 3 stalks celery
- 1/3 cup brown rice
- 5 cloves garlic
- 1 medium zucchini squash
- 1 yellow squash
- 1 large head kale
- 2 tsp italian seasoning
- 1 tsp dried basil
- 1 tsp dried parsley
- 1 (14-ounce) can diced tomatoes
- 1 (14-ounce) can garbanzo beans
- 1 (14-ounce) can kidney beans
- 6 cups vegetable broth
- 1/4 cup white wine