

# WEEKLY SHOPPING LIST

SUN

## ONE-POT VEGAN IRISH STEW

- 8 ounces cremini mushrooms
- 3 cloves garlic
- 1 medium leek
- 3 small red potatoes
- 3 medium carrots
- fresh parsley
- 1/2 small head cabbage
- 1 celery root
- 3 tablespoon tomato paste
- 1/2 cup dry lentils
- 2 teaspoons fresh or dried thyme
- 6 cups vegetable broth
- 1/2 cup lager (or stout) beer
- 1 tablespoon white miso



MON

## 30-MINUTE VEGETARIAN CURRY

- 1 small yellow onion
- 1 red bell pepper
- 1 medium head cauliflower
- 1 cup full-fat canned coconut milk
- 3 to 4 Tbsp yellow curry paste
- 1/4 cup rice vinegar
- 2 Tbsp coconut oil



TUES

## VEGETARIAN TORTILLA SOUP

- 1 poblano pepper
- 1 white onion
- 2 garlic cloves
- 1 jalapeno
- 1 avocado
- 4 radishes
- 1 lb frozen corn
- 1 tsp ground cumin
- 14 oz tomato puree
- 4 cups vegetable broth
- 1 (14 oz) can black beans
- 1 (28 oz) can hominy
- 6 (6-inch) corn tortillas
- 8 oz queso fresco



WED

## PAD THAI STIR FRY

- 1 tsp minced fresh ginger (1/2 inch)
- 1 clove garlic
- 1/2 head green or red cabbage
- 1 large carrot
- 1 red bell pepper
- 2 cups snow peas
- 2 tbsp lime juice
- 3 green onions
- fresh cilantro
- 4 oz whole grain spaghetti
- 1/4 cup natural peanut butter
- 5 tbsp soy sauce
- 1/4 cup pure maple syrup
- 1 tbsp sriracha
- chopped salted peanuts

THUR

## 30-MINUTE RED BEANS

- 1/3 cup chopped white onion
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 1 large head of cauliflower
- 3 (15 ounce) cans red beans
- 2 teaspoons ground cumin
- 1 teaspoons paprika
- 1 teaspoons granulated garlic
- 1 teaspoons chili powder
- 1 teaspoons Italian seasoning