

WEEKLY SHOPPING LIST

SUN

QUICK CHANA SAAG

- 1/2 small yellow onion
- 1 small jewel yam (or russet potato)
- 3 cloves garlic
- 1-inch nob ginger
- 4 cups baby spinach
- 1 cup full-fat canned coconut milk
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon ground turmeric
- 1 (14-ounce) can diced tomatoes
- 1 (14-ounce) can chickpeas
- white or brown rice for serving

MON

BBQ SHEPHERDS PIE

- 2 large russet potatoes
- 2 cups diced carrots
- 1 1/2 cups diced celery
- 1/2 diced yellow onion
- Fresh herbs for garnish, if desired
- 1 tablespoon vegan butter
- 2 tablespoons unsweetened almond milk
- 1 (15 ounce) can chickpeas
- 1 (15 ounce) can lentils, drained and rinsed (or about 1 1/2 cups dry lentils)
- 1 cup BBQ sauce

TUES

CRISPY BLACK BEAN TACOS

- 1 mango
- 1 jalapeno pepper
- 1/2 sweet onion
- 2 tbsp minced cilantro
- 1 pint cherry tomatoes
- juice of 1 lime
- 1 1/2 cups canned black beans
- 12 (4-inch) corn tortillas
- 4 oz queso fresco, crumbled

WED

CORN & WILD RICE CHOWDER

- 1 medium onion
- 1 tsp minced garlic
- 3 carrots
- 2 cups sliced bell peppers
- 1 lb + 1 cup frozen corn
- 1/4 cup nutritional yeast
- 6 cups vegetable broth
- 4 oz dry wild rice
- 1 cup unsweetened almond milk

THUR

BLACK BEAN SOUP

- 2 (15-ounce) cans black beans
- 16 ounces salsa
- 1 cup vegetable broth
- 1 teaspoon cumin
- 1 teaspoon chili powder
- avocado, cilantro, yogurt and/or tortilla chips for serving