

WEEKLY SHOPPING LIST

SUN

ROASTED TOMATO SOUP

- 2 pounds tomatoes
- 1 large yellow onion
- 5 garlic cloves
- 10 basil leaves
- high heat oil
- 2 cups vegetable broth
- 1 teaspoon dried oregano



MON

SUMMER VEGETABLE PASTA

- 1 cup sliced cherry tomatoes
- 1 cup diced cucumber
- 1/2 cup corn kernels
- 1/3 cup thinly sliced red onion
- 1/4 cup thinly sliced basil leaves
- 1/3 cup olive oil
- 2 tablespoons red wine vinegar
- 1 small clove garlic
- 1/2 teaspoon dijon mustard
- 1/2 teaspoon pure maple syrup
- 1/4 teaspoon dried oregano
- 8-10 ounces pasta
- 1 (15 ounce) can chickpeas



TUES

ZESTY TOFU TACOS

- 2 bell peppers
- 1/2 red onion
- 1 cup finely shredded kale
- 2 cups finely shredded red cabbage
- 1/4 cup cilantro
- 1 ripe peach (sub pear or apple)
- 1-15.5oz pkg extra firm tofu
- 3 tbsp lime juice
- 2 tbsp reduced sodium soy sauce (sub tamari for gluten-free)
- 2 tsp chili powder
- 2 tsp ground cumin
- 2 tsp smoked paprika
- 1 tbsp cornstarch (or arrowroot/tapioca starch)
- small corn tortillas



WED

SPICY THAI NOODLES

- 6 cloves garlic
- 1-2 bird's eye chilis
- 1 onion
- 5 green bell peppers
- 8 oz tofu
- 2 oz basil
- 14 oz wide rice noodles
- 6 tbsp soy sauce
- 3 tbsp dark sweet soy sauce (kecap manis)
- 1 tbsp rice vinegar
- 3 tbsp safflower seed oil

THUR

SMALL BATCH ENCHILADAS

- 1 medium sweet potato
- 1/2 medium yellow onion
- 1/2 red bell pepper
- 2.5 ounces baby spinach
- 1 cup black beans
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 4 large gluten-free flour tortillas
- 10 ounces enchilada sauce
- 1 cup grated jack cheese