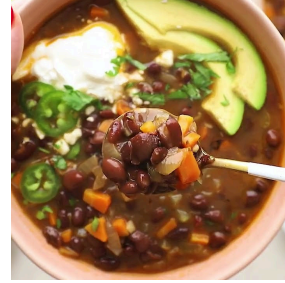


food with feeling

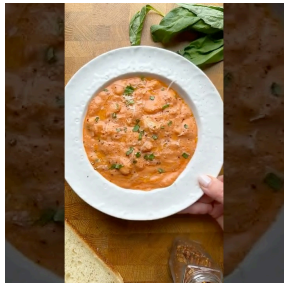
Meal Plan #31



Broccoli Cheese Risotto



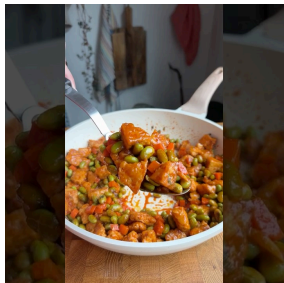
Quick & Easy Black Bean Soup



Vodka Sauce Creamy Butter Beans



Cheesy Butternut Squash Orzo



Gochujang Tofu & Edamame Stir
Fry

food with feeling

Grocery List

Pantry

<input type="checkbox"/> Arborio Rice	1 cup
<input type="checkbox"/> Olive oil	3.25 cups
<input type="checkbox"/> Black beans	48 ounces
<input type="checkbox"/> Vegetable broth	9 cups
<input type="checkbox"/> Tomato paste	0.5 cups
<input type="checkbox"/> Salt	2 teaspoon
<input type="checkbox"/> Orzo pasta	1 pound
<input type="checkbox"/> Cornstarch	1.5 tbsp
<input type="checkbox"/> Neutral oil	2 tbsp
<input type="checkbox"/> Soy Sauce	2 tbsp
<input type="checkbox"/> Rice Vinegar	1 tbsp
<input type="checkbox"/> Maple Syrup	1 tbsp
<input type="checkbox"/> Toasted Sesame Oil	1 tsp

Spices & Seasonings

<input type="checkbox"/> Chipotle pepper in adobo	1 count
<input type="checkbox"/> Ground cumin	0.5 tsp
<input type="checkbox"/> Smoked paprika	0.5 tsp
<input type="checkbox"/> Fresh thyme	1 tbsp
<input type="checkbox"/> Bay leaf	1 count
<input type="checkbox"/> Red pepper flakes	1 teaspoon
<input type="checkbox"/> Pepper	2 teaspoon
<input type="checkbox"/> Fresh Grated Ginger	1 tsp
<input type="checkbox"/> Gochujang	2 tbsp

Produce

<input type="checkbox"/> Garlic	7 cloves
<input type="checkbox"/> Fresh Broccoli	3 cups
<input type="checkbox"/> Yellow onion	1 small
<input type="checkbox"/> Carrot	1 large
<input type="checkbox"/> Celery	1 stalk
<input type="checkbox"/> Shallot	1 small
<input type="checkbox"/> Chopped fresh herbs	1 tablespoon
<input type="checkbox"/> Butternut squash	1 pound
<input type="checkbox"/> Broccoli	1 head
<input type="checkbox"/> Shelled Edamame	2 cups
<input type="checkbox"/> Green Onions	4 each
<input type="checkbox"/> Extra Green Onions	1 each

Other

<input type="checkbox"/> Broth	3 cups
<input type="checkbox"/> Silken Tofu	15 ounces
<input type="checkbox"/> Butter beans	2 cans
<input type="checkbox"/> Water	2 tbsp
<input type="checkbox"/> Cooked Rice or Noodles	1 each
<input type="checkbox"/> Sesame Seeds	1 each

Dairy & Eggs

- ☐ Unsalted Butter 3 tbsp
- ☐ Sharp Cheddar Cheese 2 cups
- ☐ Milk of choice 0.75 cups
- ☐ Butter 2 tablespoons
- ☐ Parmesan 0.5 cups
- ☐ Grated parmesan cheese 1 cup

Alcohol

- ☐ Dry White Wine 0.75 cups
- ☐ Vodka 2 tablespoons

Meat & Seafood

- ☐ Super-firm or extra-firm Tofu 15 ounces

Shop ingredients on 

Shop ingredients on 