

# food with feeling

## Meal Plan #31



Broccoli Cheese Risotto



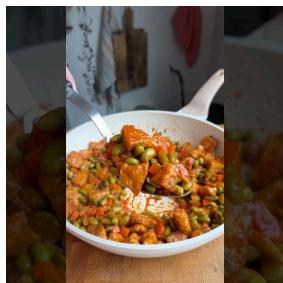
Quick & Easy Black Bean Soup



Vodka Sauce Creamy Butter Beans



Cheesy Butternut Squash Orzo



Gochujang Tofu & Edamame Stir  
Fry

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## Grocery List

### Pantry

- Arborio Rice
- Olive oil
- Black beans
- Vegetable broth
- Tomato paste
- Salt
- Orzo pasta
- Cornstarch
- Neutral oil
- Soy Sauce
- Rice Vinegar
- Maple Syrup
- Toasted Sesame Oil

1 cup  
3.25 cups  
48 ounces  
9 cups  
0.5 cups  
2 teaspoon  
1 pound  
1.5 tbsp  
2 tbsp  
2 tbsp  
1 tbsp  
1 tbsp  
1 tsp

### Produce

- Garlic
- Fresh Broccoli
- Yellow onion
- Carrot
- Celery
- Shallot
- Chopped fresh herbs
- Butternut squash
- Broccoli
- Shelled Edamame
- Green Onions
- Extra Green Onions

7 cloves  
3 cups  
1 small  
1 large  
1 stalk  
1 small  
1 tablespoon  
1 pound  
1 head  
2 cups  
4 each  
1 each

### Spices & Seasonings

- Chipotle pepper in adobo
- Ground cumin
- Smoked paprika
- Fresh thyme
- Bay leaf
- Red pepper flakes
- Pepper
- Fresh Grated Ginger
- Gochujang

1 count  
0.5 tsp  
0.5 tsp  
1 tbsp  
1 count  
1 teaspoon  
2 teaspoon  
1 tsp  
2 tbsp

### Other

- Broth
- Silken Tofu
- Butter beans
- Water
- Cooked Rice or Noodles
- Sesame Seeds

3 cups  
15 ounces  
2 cans  
2 tbsp  
1 each  
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 [amazonfresh](#)

Shop ingredients on [instacart](#)