

# Food with Feeling

Meal Plan #42 • Grocery List

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## This Week's Recipes

- [Creamy Tomato Pasta \(vegan\)](#)
- [Copycat Chipotle Sofritas\\*](#)
- [Roasted Veggie Tzatziki Bowls](#)
- [Honey Garlic Tofu](#)
- [Easy Vegan Meatballs](#)

## Pantry

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- Penne pasta — 8 oz
- Oil — 1 tbsp
- Cashews — ½ cup
- Diced tomatoes — 15 oz can
- Sun-dried tomatoes — ¼ cup
- Olive oil — 4 tbsp
- Soy sauce — ¼ cup
- Honey — ⅓ cup
- Toasted sesame oil — 1 tsp
- Rice vinegar — 1½ tbsp
- Cornstarch — 1 tsp
- All-purpose flour — ½ cup + 3 tbsp
- Bread crumbs — ½ cup
- Cooked white rice — 1½ cups
- Chipotle peppers in adobo sauce — 1 can (use 2 peppers + 2 tbsp sauce)
- Apple cider vinegar — 1 tbsp
- Tomato paste — 2 tbsp
- 1 can of chickpeas
- Maple syrup — 1 tbsp
- Vegetable broth — ½ cup
- Optional:
  - rice to serve with the honey garlic tofu
  - Spaghetti for the meatballs
  - Marinara sauce if not making homemade
  - Rice, Guac, etc., to serve with the Sofritas bowls

## Spices & Seasonings

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- Salt — 1½ tsp
- Sea salt — 1 tsp
- Black pepper — 1½ tsp
- Dried basil — 1 tsp
- Paprika — 1 tsp
- Smoked paprika — ½ tsp
- Cumin — 2 tsp
- Chili powder — ½ tsp
- Garlic powder — 1½ tsp
- Onion powder — ½ tsp
- Dried oregano — 1 tsp
- Cinnamon — ¼ tsp
- Italian seasoning — 1 tsp
- Sriracha — 1 tsp

## Produce

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- Bell pepper — 2
- Garlic — 17 cloves
- Zucchini — 1 large
- Onion — ½ cup, finely diced
- White onion — 1 small
- Broccoli — 2 large heads
- Radishes — 1 cup
- Baby potatoes — 3 cups
- Cauliflower — 2 cups
- Fresh ginger — 1 tbsp, grated (or dried)
- Cremini mushrooms — 8 oz

## Protein

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- Extra or super firm tofu — 14 oz (for Sofritas)
- Extra or super firm tofu — 1 block (for Honey Garlic Tofu)

## Other

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- Water — 2 cups
- Tzatziki sauce — 1 cup
- Oil for frying — as needed

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## Notes

- **Creamy Tomato Pasta** — Cashews need to be soaked overnight or boiled for 20 minutes before cooking.
- **Copycat Chipotle Sofritas** — Serve over rice with black beans, salsa, and guacamole for a burrito bowl BUT NOTE: these are not included in the shopping list, so be sure to add them.
- **Roasted Veggie Tzatziki Bowls** — The recipe suggests Trader Joe's vegan tzatziki if you don't want to make it from scratch. Or you can use any store-bought tzatziki.
- **Honey Garlic Tofu** — Serve over rice with steamed broccoli (already on the list!).
- **Easy Vegan Meatballs** — Serve with spaghetti and the homemade marinara sauce (Bonus Recipe 2 below!).

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### Bonus Recipe 1: Mexican Street Corn Salad

- Corn — 4 ears (or 2 cans fire-roasted corn)
- Mayonnaise — 2 tbsp
- Mexican sour cream (Crema) — 2 tbsp
- Garlic — 2 cloves
- Lime — 1 (juice + zest)
- Chipotle chili powder — ½ tsp
- Bell pepper — 1 small, finely diced
- Jalapeño — 1 medium
- Cotija cheese — ⅓ cup
- Cilantro — ¼ cup

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### Bonus Recipe 2: Easy Marinara Sauce

- Olive oil — 2 tbsp
- Yellow onion — ½ small, finely diced
- Garlic — 4 cloves
- Passata — 24 oz jar (or crushed tomatoes)
- Dried basil — 1 tsp
- Dried oregano — ½ tsp
- Salt + pepper — to taste
- Red pepper flakes — ¼ tsp (optional)