

# Food with Feeling

Meal Plan #43 • Grocery List

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## This Week's Recipes

- [Lentil Sloppy Joes \(Vegan\)](#)
- [Vegetarian Enchiladas](#)
- [High-Protein Marry Me Butter Beans](#)
- [Gochujang Tofu & Edamame Stir Fry](#)
- [Garlic Butter Noodles](#)

## Pantry

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- Olive oil — 4 tbsp
- Tomato sauce — 1 cup
- Tomato paste — 1 tbsp
- Ketchup — 2 tbsp
- Mustard — 1 tbsp (yellow or Dijon)
- Soy sauce — 4 tbsp
- Cooked lentils — 1½ cups (or 1 can, drained)
- Refried beans or black beans — 16 oz
- Corn — ¾ cup (fresh or canned)
- Corn tortillas — 8–12
- Butter beans — 2 cans
- Vegetable broth — 1 cup
- Nutritional yeast — ¼ cup
- Sun-dried tomatoes — ½ cup
- Gochujang (Korean chili paste) — 2 tbsp
- Rice vinegar — 2 tbsp
- Maple syrup — 1 tbsp
- Toasted sesame oil — 1 tsp
- Cornstarch — 1½ tbsp
- Neutral oil — 2 tbsp
- Butter — ½ cup (8 tbsp)
- Pasta — 1 lb
- Burger buns or sandwich rolls — 4
- Enchilada sauce — 10 oz

## Spices & Seasonings

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- Salt & pepper — to taste
- Smoked paprika — 1 tsp
- Chili powder — ¾ tsp
- Cumin — ½ tsp
- Dried oregano — ½ tsp
- Chili flakes — 1 tsp
- Thyme — ¼ tsp
- Italian seasoning — 1 tsp
- Garlic powder — 1 tsp
- Onion powder — 1 tsp

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## Produce

- Yellow onion — 1½ (1 for sloppy joes, ½ for enchiladas)
- Bell pepper — 3 (1 sloppy joes, 1 enchiladas, 1 noodles)
- Garlic — 20 cloves
- Jalapeño — 1
- Carrot — 1 medium
- Green onions — 3 stalks
- Zucchini — 1
- Cauliflower — ½ head
- Fresh ginger — 1 tsp, grated
- Shelled edamame — 1½ cups (frozen ok)

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## Tofu

- Super-firm or extra-firm tofu — 15 oz (Gochujang Stir Fry)
- Silken tofu — 15 oz block (Marry Me Butter Beans)

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## Dairy & Refrigerated

- Unsalted butter — 2 tbsp (Marry Me Butter Beans)
- Shredded cheese — 1½ cups (enchiladas)
- Parmesan — for topping (Garlic Butter Noodles)

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## Other

- Water — 2–3 tbsp (Gochujang sauce)

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## Optional Add-Ons

*Pick up what sounds good to you — these are extras or garnishes for the recipes this week.*

- Sesame seeds (Gochujang Tofu)
- Extra green onions for garnish (Gochujang Tofu)
- Fresh herbs — basil or parsley (Marry Me Butter Beans + Garlic Butter Noodles)
- Avocado (Enchiladas)
- Cilantro (Enchiladas)
- Sour cream (Enchiladas)
- Rice or noodles for serving (Gochujang Tofu)

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## Notes

- **Lentil Sloppy Joes** — Uses pre-cooked lentils so it comes together in ~15 minutes. Can use 1 can of lentils (drained) instead.
- **Vegetarian Enchiladas** — Warm corn tortillas in a damp paper towel in the microwave before rolling to prevent tearing.
- **Marry Me Butter Beans** — Can't find butter beans? Cannellini or chickpeas work great too. Serve with crusty bread!
- **Gochujang Tofu Stir Fry** — Gochujang can be found at most Asian grocery stores. Serve over rice or noodles.
- **Garlic Butter Noodles** — Reserve 1 cup of pasta water before draining — it helps make the sauce creamy and glossy.

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## Bonus Recipe: Vegetarian Sushi Bake

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### For the Tofu

- Firm or extra-firm tofu — 14–16 oz
- Soy sauce — 2 tbsp
- Toasted sesame oil — 1 tbsp
- Rice wine vinegar — 1 tbsp
- Furikake — 1 tbsp + 1 heaping tbsp
- Whipped cream cheese — ¼ cup
- Kewpie mayo — 2 tbsp
- Sriracha — 1 tbsp

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### For the Rice & Toppings

- Sushi rice — 2 cups uncooked
- Rice vinegar — 2 tbsp
- White wine vinegar — 2 tbsp
- Cucumber — ½
- Avocado — ½–1
- Green onions — ¼ cup
- Sesame seeds — ½ tbsp
- Sriracha — for drizzling
- Unagi sushi sauce — for drizzling
- Seaweed snacks / nori — for serving