

Food with Feeling

Meal Plan #46 - Grocery List

This Week's Recipes

- [Easy Pesto Pasta Salad](#)
- [Soy Curls Fajitas](#)
- [Creamy Romesco Butterbeans](#)
- [Ground Tofu Stir Fry](#)
- [Lentil Chili](#)

Pantry

- Pasta - 1 lb
- Pine nuts - 1/2 cup
- Extra virgin olive oil - 2/3 cup + 2 tbsp
- Parmesan, grated - 1/3 cup
- Vegetable broth - 5 cups
- Roasted red peppers - 12 oz jar
- Raw almonds - 1/2 cup
- Greek yogurt - 5 oz (or sub 5 oz silken tofu)
- Lemon - 1, juiced
- Butter beans - 2 cans
- Vegetarian beef bouillon - 1 tsp (e.g. Better Than Bouillon)
- Soy sauce - 1/4 cup
- Maple syrup - 1/2 tbsp
- Tomato paste - 2 tbsp
- Toasted sesame oil - 1 tsp (stir fry)
- Water - 1/3 cup (stir fry sauce)
- Rice - to serve with the stir fry
- Uncooked lentils - 1 cup
- Tomato sauce - 1 can (15 oz)
- Diced tomatoes - 1 can (15 oz)
- Kidney beans - 1 can (15 oz)
- Black beans - 1 can (15 oz)
- Baking cocoa - 1 tbsp
- Tortillas - for serving (fajitas)

Spices & Seasonings

- Salt & pepper - to taste
- Sea salt - 1 tsp
- Chili powder - 1 1/2 tbsp
- Oregano - 1 1/2 tsp
- Cumin - 1 tsp
- Black pepper - 1/2 tsp
- Cayenne pepper - 1/8 tsp
- Liquid smoke - 1/2 tsp (optional)

Produce

- Cherry tomatoes - 1 pint
- Arugula - 1 cup, packed
- Red onion - 1/2 cup (pesto salad), 1 medium (fajitas)
- Fresh basil leaves - 3 cups, packed
- Garlic - 14 cloves
- Orange - 1 (juice and zest)
- Lime - 2 (juice)
- Fresh cilantro - 3 tbsp
- Bell pepper - 3 (2 fajitas, 1 stir fry)
- Onion - 1 medium (stir fry), 1 (chili)
- Green beans - 8 oz
- Fresh ginger - 1 tsp, grated
- Plum tomatoes - 3 small
- Fresh parsley - 1/4 cup, packed

Mozzarella & Cheese

- Mozzarella, small balls (ciliegine or bocconcini) - 8 oz

Tofu & Soy

- Soy curls - 2 cups
- Extra firm tofu - 15 oz (stir fry)

Optional Add-Ons

Pick up what sounds good to you - extras, garnishes, or toppings.

Pesto Pasta Salad

- Extra toasted pine nuts - to garnish
- Fresh basil leaves - to garnish
- Extra shredded Parmesan - to garnish

Soy Curls Fajitas

- Avocado - to serve
- Guacamole - to serve
- Salsa - to serve

Lentil Chili

- Tortilla chips - to serve
- Shredded cheese - to serve
- Diced red onion - to serve
- Fresh cilantro - to serve
- Sour cream or Greek yogurt - to serve

Notes

- **Easy Pesto Pasta Salad** - Use the full batch of pesto so the salad doesn't dry out, even the next day. Add arugula and basil right before serving.
- **Soy Curls Fajitas** - Soy curls need to rehydrate in hot broth for at least 10 minutes before cooking - this also doubles as the marinade.
- **Creamy Romesco Butterbeans** - Don't skip the simmer step - it deepens the flavor and cooks off the raw garlic edge. Serve with crusty bread!
- **Ground Tofu Stir Fry** - Let the shredded tofu sit in the skillet without stirring too much so the moisture cooks out and it gets golden and crispy.
- **Lentil Chili** - No need to soak the lentils first. This chili is even better the next day, so leftovers are a win.

Bonus Recipe: How to Fry Tofu

foodwithfeeling.com/easy-sauteed-tofu

- Tofu - 14 oz block
- Oil - 1 1/2 tbsp (olive oil works great)
- Salt & pepper - to taste