

Food with Feeling

Meal Plan #48 - Grocery List

This Week's Recipes

- [Tofu Meatballs](#)
- [Chickpea Tacos](#)
- [Honey Garlic Tofu](#)
- [Roasted Red Pepper Pasta](#)
- [Cheesy White Bean Tomato Bake](#)

Pantry

- Olive oil - 5 tbsp
- Breadcrumbs - 1/4 cup
- Tomato paste - 1/4 cup + 2 tbsp
- Soy sauce - 1/4 cup + 1 tbsp
- Nutritional yeast - 1/4 cup
- All-purpose flour - 3 tbsp
- Cornstarch - 1 tsp
- Honey - 1/3 cup
- Toasted sesame oil - 1 tsp
- Rice vinegar - 1 1/2 tbsp
- Sriracha - 1 tsp
- Roasted red peppers - 12 oz jar
- Vegetable broth - 1/2 cup
- Heavy cream - 1 1/4 cups (or oat/coconut milk to keep vegan)
- White beans - 2 cans (15 oz each, any white bean)
- Chickpeas - 2 cans (15 oz each)
- Penne pasta - 1 lb
- Corn or flour tortillas - 8-10 (chickpea tacos)
- Water - 3/4 cup (1/4 cup tacos + 1/2 cup white bean bake)

Spices & Seasonings

- Salt & pepper - to taste
- Fine sea salt - 1 tsp
- Garlic powder - 1 tsp
- Onion powder - 1/2 tsp
- Cumin - 2 tsp
- Chili powder - 1 tsp
- Paprika - 1/2 tsp
- Oregano - 1/4 tsp

Produce

- Garlic - 13 cloves
- Fresh ginger - 1 tbsp, grated (or 1 tsp dried)
- White onion - 1 small (meatballs)
- Fresh basil - 6 large leaves + garnish (red pepper pasta)
- Shallot - 1 (red pepper pasta)

Tofu

- Extra-firm or super-firm tofu - 1 block (meatballs)
- Firm or extra-firm tofu - 1 block (honey garlic)

Dairy & Refrigerated

- Mozzarella, shredded - 1 cup (white bean bake)
- Parmesan, grated - 1/2 cup + 1/3 cup (red pepper pasta + white bean bake)

Optional Add-Ons

Pick up what sounds good - extras, sides, or garnishes.

Tofu Meatballs - Side Dishes

- Serve with [Homemade Marinara Sauce](#) + spaghetti
- [Greek Orzo Salad](#)
- [Roasted Potatoes and Green Beans](#)

Tofu Meatballs - Optional Sweet & Sour Sauce

- Ketchup - 1/3 cup
- Soy sauce - 1 tbsp
- Cornstarch - 1 tbsp
- Brown sugar - 1/4 cup
- Apple cider vinegar - 1/3 cup
- Pineapple juice - 1/4 cup

Honey Garlic Tofu - Side Dishes

- Asparagus, broccoli, or other roasted veggies - to serve
- [Air Fryer Asparagus](#)
- Rice - to serve

Chickpea Tacos - Toppings

- Shredded cheese, sour cream, diced red onion, cilantro, sliced avocado, lime

Chickpea Tacos - Side Dishes

- [Mexican Street Corn Salad](#)
- [Avocado Black Bean Salad](#)
- [Easy Homemade Refried Beans](#)
- [Southwest Bean Salad](#)
- [Pico de Gallo](#)

Cheesy White Bean Tomato Bake

- Crusty bread or crackers - to serve
- Fresh basil - to garnish

Notes

- **Tofu Meatballs** - Don't skip the sear - that golden crust is everything. They hold together best when fully cooked through, so don't rush the bake.
- **Chickpea Tacos** - Ready in under 20 minutes! Dry the chickpeas well before cooking for better browning. Warm your tortillas in a damp paper towel before serving.
- **Honey Garlic Tofu** - The flour coating is the secret to that crispy exterior. Don't skip it! Pressing the tofu first makes a big difference.
- **Roasted Red Pepper Pasta** - Blend the sauce until completely smooth for the creamiest result. Save a cup of pasta water to thin the sauce as needed.
- **Cheesy White Bean Bake** - Best served fresh from the oven - the crispy cheese edges are the best part. Don't overbake or it dries out. Serve with crusty bread!

Bonus Recipe: Cherry Crisp

foodwithfeeling.com/cherry-crisp

Cherry Filling

- Cherries - 2 1/2 lbs, pitted (fresh or frozen)
- Maple syrup - 1/4 cup
- Lemon juice - 2 tbsp
- Cornstarch - 1 tbsp
- Vanilla extract - 1 tsp
- Almond extract - 1/4 tsp (optional but recommended)

Crumble Topping

- Rolled oats - 1 cup
- Oat flour - 3/4 cup (or all-purpose flour)
- Brown sugar - 1 cup, loosely packed
- Vegan butter - 1/3 cup, melted
- Salt - 1/2 tsp
- Cinnamon - 1/2 tsp

Optional for serving:

- Vanilla ice cream