

Food with Feeling

Meal Plan #49 - Grocery List

This Week's Recipes

- [Gochujang Tofu & Edamame Stir Fry](#)
- [Vodka Sauce Creamy Butter Beans](#)
- [Quick & Easy Black Bean Soup](#)
- [Creamy Lemon Pasta](#)
- [Broccoli Cheese Risotto](#)

Pantry

- Neutral oil - 2 tbsp (gochujang stir fry)
- Olive oil - 1/4 cup + 1 tbsp
- Soy sauce - 2 tbsp (gochujang stir fry)
- Gochujang (Korean chili paste) - 2 tbsp
- Rice vinegar - 1 tbsp (gochujang stir fry)
- Maple syrup - 1 tbsp (or brown sugar)
- Toasted sesame oil - 1 tsp
- Cornstarch - 1 1/2 tbsp
- Water - 2-3 tbsp (gochujang sauce)
- Silken tofu - 1 block (15 oz, vodka butter beans)
- Milk of choice - 3/4 cup (vodka butter beans)
- Tomato paste - 1/2 cup (vodka butter beans)
- Vodka - 2 tbsp, optional (vodka butter beans)
can sub vegetable broth
- Butter - 5 tbsp (2 tbsp vodka beans + 3 tbsp risotto)
- Butter beans - 2 cans (15 oz each)
- Black beans - 4 cans (15 oz each, about 48 oz total)
- Vegetable broth - 7 cups (4 cups soup + 3 cups risotto)
- Pasta - 8 oz (creamy lemon pasta)
- Heavy cream - 1 cup (creamy lemon pasta)
- Arborio rice - 1 cup (risotto)
- White wine - 3/4 cup, optional (risotto)
can sub additional vegetable broth
- Bay leaf - 1 (black bean soup)
- Chipotle pepper in adobo - 1

Spices & Seasonings

- Salt & pepper - to taste
- Smoked paprika - 1/2 tsp (black bean soup)
- Cumin - 1/2 tsp (black bean soup)
- Fresh thyme - 1/2 tsp, minced (black bean soup)
- Red pepper flakes - 1 tsp (vodka butter beans)

Produce

- Garlic - 11 cloves
- Fresh ginger - 1 tsp, grated (gochujang stir fry)
- Green onions - 3 stalks (gochujang stir fry)
- Carrot - 2 (1 gochujang, 1 black bean soup)
- Celery - 1 stalk (black bean soup)
- Yellow onion - 1 small (black bean soup)
- Shallot - 1 (vodka butter beans)
- Lemon - 2 (zest + juice, creamy lemon pasta)
- Broccoli - 1 large head (risotto)
- Shelled edamame - 1 1/2 cups, frozen ok (gochujang)
- Fresh herbs - for garnish (vodka beans + soup)

Tofu

- Super-firm or extra-firm tofu - 15 oz (gochujang stir fry)

Dairy & Refrigerated

- Parmesan - 1 1/4 cups total (1/2 cup vodka butter beans + 3/4 cup creamy lemon pasta)
- Sharp cheddar, shredded - 2 cups (risotto)

Optional Add-Ons

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

Gochujang Tofu - to serve

- Rice or noodles
- Sesame seeds
- Extra green onions

Black Bean Soup - toppings

- Sour cream
- Avocado
- Shredded cheese
- Fresh cilantro
- Lime wedges
- Tortilla chips

Creamy Lemon Pasta

- Fresh parsley - to garnish
- Extra parmesan - to serve
- Red pepper flakes - to serve

Notes

- **Gochujang Tofu** - Whisk the sauce ahead and store in a jar. Press and cube the tofu the night before - store uncovered on a paper towel-lined plate for extra crispiness.
- **Vodka Sauce Butter Beans** - Blend the silken tofu + milk until completely smooth before adding to the sauce. Serve with crusty bread - don't skip it!
- **Black Bean Soup** - Blend half the soup with an immersion blender for a creamier texture while keeping some bite. Great make-ahead - even better the next day.
- **Creamy Lemon Pasta** - Reserve pasta water before draining - it's key for the sauce. Add lemon juice at the very end to keep the flavor bright and fresh.
- **Broccoli Cheese Risotto** - Keep the broth warm in a separate pot while cooking - adding cold broth slows everything down. Add broccoli in with the last ladle of broth so it stays bright and tender.

Bonus Recipe: Southwest Bean Salad

foodwithfeeling.com/southwest-bean-salad

- Chickpeas - 1 can (15 oz)
- Black beans - 1 can (15 oz)
- Pinto beans - 1 can (15 oz)
- Corn - 1 1/2 cups (fresh, frozen, or canned)
- Red bell pepper - 1 large, finely diced
- Cherry tomatoes - 1 1/2 cups, halved
- Red onion - 1/2 cup, finely diced
- Jalapeno - 1 medium
- Fresh cilantro - 1/2 cup
- Cotija cheese - 1/2 cup
- Olive oil - 1/4 cup
- Apple cider vinegar - 2 tbsp
- Lime juice - 3 tbsp (about 2 limes)
- Honey or agave - 1 tbsp
- Cumin - 1 tsp
- Chili powder - 1 tsp
- Smoked paprika - 1/2 tsp
- Garlic powder - 1/2 tsp
- Salt & pepper - to taste