

Food with Feeling

Meal Plan #53 - Grocery List

This Week's Recipes

- [Roasted Vegetable Pasta Salad](#)
- [Crispy Sheet Pan Black Bean Tacos](#)
- [Coconut Tofu Soup](#)
- [Crockpot Taco Soup](#)
- [Peanut Tofu Noodles with Veggies](#)

Pantry

- Olive oil - 1/2 cup + 2 tbsp
- Orzo pasta - 1/2 lb (pasta salad)
- Balsamic or red wine vinegar - 2 tbsp (pasta salad dressing)
- Black beans - 3 cans (2 for tacos + 1 for taco soup)
- Chickpeas - 1 can (taco soup)
- Salsa - 1 16-oz jar (taco soup)
- Taco seasoning - 1 packet, reduced sodium (taco soup)
- Vegetable broth - 7.5 cups (6 cups coconut soup + 1.5 cups taco soup)
- Coconut oil - 1 tbsp (coconut soup)
- Red curry paste - 1 tbsp (coconut soup)
- Maple syrup - 1 tbsp (coconut soup) + 3 tbsp (peanut noodles)
- Soy sauce - 1/2 cup + 3 tbsp (1/4 cup coconut soup + 3 tbsp peanut tofu + 1/4 cup peanut sauce)
- Coconut milk - 2 cans, full fat (coconut soup)
- Natural peanut butter - 1/3 cup (peanut noodles)
- Rice vinegar - 1 1/2 tbsp (peanut noodles)
- Sesame oil - 1 1/2 tbsp (peanut noodles)
- Cornstarch - 1/4 cup (peanut tofu)
- Water - 1/2 cup warm (peanut sauce)
- Noodles - 1 lb, Thai wheat or spaghetti (peanut noodles)
- Mixed stir fry veggies - 12 oz bag (peanut noodles)
- Frozen corn - 1 heaping cup (taco soup)
- Corn tortillas or flour tortillas - 6 (black bean tacos)
- Lemongrass - 1 stalk (coconut soup)

Spices & Seasonings

- Salt & pepper - to taste
- Sea salt - 1/2 tsp (peanut tofu)
- Garlic powder - 1/2 tsp (peanut tofu)
- Onion powder - 1/2 tsp (peanut tofu)
- Chili powder - 2 tsp (black bean tacos)
- Cumin - 1/2 tsp (black bean tacos)

Produce

- Garlic - 8 cloves (3 coconut soup + 3 peanut sauce + 2 black bean tacos)
- Fresh ginger - 1 inch piece (coconut soup) + 1/2 tbsp (peanut sauce)
- Bell pepper - 2 (1 pasta salad + 1 southwest bean salad bonus)
- Zucchini - 1 large (pasta salad)
- Cherry tomatoes - 3 cups (1/2 pint pasta salad + 1.5 cups southwest bean salad bonus)
- Red onion - 1 1/2 (1 small pasta salad + 1/2 cup southwest bean salad bonus)
- Poblano pepper - 1 (black bean tacos)
- White onion - 1/2 (black bean tacos)
- Shiitake mushrooms - 8 oz (coconut soup)
- Lime - 3 (3 tbsp coconut soup + southwest bean salad bonus)
- Fresh cilantro - large bunch (coconut soup garnish + black bean tacos + southwest bean salad bonus)
- Green onions - for coconut soup garnish + peanut noodles (optional)
- Shredded carrots - 1/2 cup (peanut noodles)
- Jalapeno - 1 (southwest bean salad bonus)
- Fresh herbs - small handful, basil or dill (pasta salad, optional)

Tofu

- Firm or extra-firm tofu - 15 oz (coconut soup)
- Super-firm tofu - 2 blocks, 14-16 oz each (peanut noodles)

Dairy & Refrigerated

- Pepper Jack or Mexican cheese blend - 2 cups shredded (black bean tacos)

Optional Add-Ons

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

Roasted Veggie Pasta Salad

- Squeeze of lemon juice - to finish
- Fresh herbs - basil or dill
- Feta cheese - for a creamy, salty addition

Sheet Pan Black Bean Tacos

- Sour cream - to serve
- Pico de gallo or salsa - to serve
- Guacamole or sliced avocado - to serve
- Fresh cilantro - to serve

Coconut Tofu Soup

- Rice or rice noodles - to serve
- Sesame seeds - to garnish

Crockpot Taco Soup

- Sour cream - to top
- Shredded cheese - to top
- Avocado - to top
- Tortilla chips - to serve
- Fresh cilantro - to top

Peanut Tofu Noodles

- Sliced green onions - to top
- Sesame seeds - to top
- Chili crisp or sriracha - for heat

Notes

- **Roasted Veggie Pasta Salad** - Great make-ahead - actually gets better as it sits! Dress it while the veggies and orzo are still warm so everything soaks up the vinaigrette.

- **Sheet Pan Black Bean Tacos** - Pre-bake the tortillas for 2-3 minutes before filling so they don't crack. The cheese on the OUTSIDE is what gives you that irresistible crispy edge.

- **Coconut Tofu Soup** - Let the lemongrass simmer for the full 10 minutes - that's where the depth of flavor comes from. Remove and discard the stalks before serving.

- **Crockpot Taco Soup** - Dump-and-go! Everything in the crockpot, cook on high for 2 hours or low for 3. Add the corn in the last 30 minutes.

- **Peanut Tofu Noodles** - Whisk the peanut sauce ahead and thin with warm water before tossing. Air fry the tofu at 400F for 13-15 minutes, shaking halfway - it's BY FAR the crispiest method.

Bonus Recipe: Southwest Bean Salad

foodwithfeeling.com/southwest-bean-salad

Best after 30+ minutes in the fridge. Gets even better the next day!

- 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 (already on your list!)
- Cherry tomatoes - 1 1/2 cups (already on your list!)
- Red onion - 1/2 cup (already on your list!)
- Jalapeno - 1 (already on your list!)
- Fresh cilantro - 1/2 cup (already on your list!)
- Cotija cheese - 1/2 cup
- Olive oil - 1/4 cup (already on your list!)
- Apple cider vinegar - 2 tbsp
- Lime juice - 3 tbsp, about 2 limes (already on your list!)
- Honey or agave - 1 tbsp
- Cumin - 1 tsp
- Chili powder - 1 tsp
- Smoked paprika - 1/2 tsp, optional
- Garlic powder - 1/2 tsp
- Salt & pepper - to taste