

Food with Feeling

Meal Plan #54 - Grocery List

This Week's Recipes

- [Crispy Sesame Tofu](#)
- [Chickpea Tacos](#)
- [Easy Creamy Tortellini Soup](#)
- [Quick & Easy Soy-Peanut Noodles](#)
- [Easy Baked Ziti Without Meat](#)

Pantry

- Olive oil - 4 tbsp
- Butter - 1 tbsp (tortellini soup)
- Soy sauce - 1/2 cup + 1 tbsp total (1 tbsp sesame tofu + 1/4 cup sesame sauce + 2-3 tbsp peanut noodles)
- Toasted sesame oil - 1/2 tbsp + 1 tsp (1/2 tbsp peanut noodles + 1 tsp sesame sauce)
- Neutral oil - 1/2 tbsp (peanut noodles)
- Brown sugar - 3 tbsp (sesame sauce)
- Rice vinegar - 1 tbsp + 1/2 tbsp (1 tbsp sesame sauce + 1/2 tbsp peanut noodles)
- Cornstarch - 2 tbsp + 2 tsp (2 tbsp sesame tofu + 2 tsp sesame sauce)
- Water - 2 tbsp (sesame sauce)
- Peanut butter - 1/4 cup (peanut noodles)
- Honey - 1 1/2 tbsp (peanut noodles)
- Chickpeas - 2 cans (chickpea tacos)
- All-purpose flour - 1/4 cup (tortellini soup)
- Tomato paste - 2 tbsp (tortellini soup)
- Vegetable broth - 4 cups (tortellini soup)
- Cheese tortellini - 9-10 oz, refrigerated
- Heavy cream - 1/2 cup (tortellini soup)
- Baby spinach - 2 cups, optional (tortellini soup)
- Diced tomatoes - 1 can, optional (tortellini soup)
- Marinara sauce - 5 cups (baked ziti)
- Ziti pasta - 1 lb (baked ziti)
- Thin pasta - 1/2 lb, spaghetti or linguine (peanut noodles)
- Egg - 1, optional (baked ziti ricotta mixture)
- Tortillas - corn or flour, for chickpea tacos
- Water - 1/4 cup (chickpea taco seasoning)

Spices & Seasonings

- Salt & pepper - to taste
- Cumin - 2 tsp (chickpea tacos)
- Chili powder - 1 tsp (chickpea tacos)
- Oregano - 1/4 tsp (chickpea tacos)
- Paprika - 1/2 tsp (chickpea tacos)
- Red pepper flakes - 1/2 tsp (tortellini soup, optional)
- Italian seasoning - 1 1/2 tsp (1 tsp tortellini soup + 1/2 tsp baked ziti)

Produce

- Garlic - 12 cloves (2 sesame tofu + 3 tortellini soup + 2 peanut noodles + 4 baked ziti + 1 remaining)
- Fresh ginger - 1 tsp (sesame tofu) + 1 tsp (peanut noodles)
- Yellow onion - 2 small (1 tortellini soup + 1 baked ziti)
- Green onions - 1/2 cup, chopped (peanut noodles topping)
- Fresh cilantro - 1/2 cup, chopped (peanut noodles topping)
- Lime - 1 (peanut noodles)
- Peanuts - handful (peanut noodles)
- Sesame seeds - sprinkle (peanut noodles)
- Fresh basil or parsley - for baked ziti + tortellini soup

Tofu

- Extra-firm or super-firm tofu - 14-16 oz (sesame tofu)

Dairy & Refrigerated

- Parmesan - 1/2 cup freshly grated (tortellini soup) + 1/2 cup (baked ziti)
- Whole milk ricotta - 15 oz (baked ziti)
- Mozzarella, shredded - 12 oz / 3 cups (baked ziti)

Optional Add-Ons

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

Sesame Tofu

- Broccoli or other vegetable - to serve with the sesame tofu
- Rice - to serve with the sesame tofu

Chickpea Tacos

- Cotija or feta cheese - to serve
- Fresh cilantro - to serve
- Diced red onion - to serve
- Sliced avocado - to serve
- Lime wedges - to serve
- Salsa or pico de gallo - to serve
- Side dish to go with the tacos - Mexican rice, refried beans, or a simple slaw all work great

Soy-Peanut Noodles

- Green onions, cilantro, peanuts, sesame seeds, lime - for topping
- Bean sprouts - great textural addition
- Chili crisp or sriracha - for heat
- Side dish to go with the peanut noodles - edamame, a simple cucumber salad, or miso soup

Baked Ziti

- Fresh basil - to garnish
- Extra parmesan - to serve
- Garlic bread or a simple green salad - to serve alongside

Notes

- **Crispy Sesame Tofu** - Tear the tofu into chunks instead of cutting for craggier, crispier edges. Air fry at 400F for 12-15 minutes shaking halfway, or pan fry until golden. Let the sauce thicken before adding the tofu so it coats properly.
- **Chickpea Tacos** - Dry the chickpeas really well before cooking - this is what helps them get golden and slightly crispy instead of steaming. Ready in under 20 minutes!
- **Creamy Tortellini Soup** - Stir constantly when adding the broth to the roux to avoid lumps. Add the Parmesan off the heat to keep the sauce smooth. This soup thickens as it sits - add a splash of broth when reheating.
- **Soy-Peanut Noodles** - Toss the noodles in the sauce while they're still hot so the peanut butter melts into a silky coating. If the sauce is too thick, add a splash of hot pasta water.
- **Baked Ziti** - Undercook the pasta slightly - it finishes in the oven. Shred your own mozzarella if you can; pre-shredded doesn't melt as well. Let it rest 10 minutes before serving so it slices cleanly.

Bonus Recipe: Tofu Lunch Meat

foodwithfeeling.com/tofu-lunch-meat

Use super-firm tofu if you can find it - no pressing needed! Keeps in the fridge for up to a week.

- Super-firm or extra-firm tofu - 15-16 oz
- Water - 1 cup + more as needed
- Better Than Bouillon veggie base - 2 tbsp
- Fresh thyme - 3 sprigs (or other fresh herbs)
- Freshly cracked black pepper - 1/2 tsp
- Any desired sandwich fixings