

Food with Feeling

Meal Plan #52 - Grocery List

This Week's Recipes

- [Ground Tofu Stir Fry](#)
- [Sweet Potato & Black Bean Tacos](#)
- [Crockpot Potato Soup](#)
- [Vegan Pad Thai](#)
- [Creamy French Onion Pasta](#)

Pantry

- Olive oil - 5 tbsp
- Vegetarian beef bouillon - 1 tsp (e.g. Better Than Bouillon)
- Soy sauce - 1/4 cup + 1 tbsp
- Maple syrup - 1/2 tbsp (stir fry)
- Tomato paste - 2 tbsp (stir fry)
- Water - 1/3 cup (stir fry sauce)
- Black beans - 1 can, 15 oz (tacos)
- Tortillas - flour or corn, for tacos
- Water - 1-2 tbsp (taco avocado crema)
- Vegetable broth - 8 1/4 cups (4 cups potato soup + 4 cups french onion pasta + 1/4 cup pad thai)
- Butter - 4 tbsp (potato soup)
- All-purpose flour - 1/4 cup (potato soup)
- Milk - 2 cups (potato soup)
- Sour cream - 1/2 cup (potato soup) + 1/4 cup (taco avocado crema)
- Rice noodles - 8 oz (pad thai)
- Brown sugar - 2 tbsp (pad thai)
- Toasted sesame oil - 1 tbsp + 1 tsp (1 tbsp pad thai + 1 tsp stir fry veggies)
- Cornstarch - 1 tsp (pad thai)
- Peanuts - 1/4 cup, chopped (pad thai)
- Pasta - 8 oz, short (rigatoni, penne, or shells)
- Balsamic vinegar - 1 tbsp (french onion pasta)
- Heavy cream - 1/2 cup (french onion pasta)

Spices & Seasonings

- Salt & pepper - to taste
- Chili powder - 1 1/4 tsp (1 tsp tacos + 1/4 tsp black beans)
- Cumin - 1 1/2 tsp (1 tsp tacos + 1/2 tsp black beans)
- Smoked paprika - 1/2 tsp (tacos)
- Garlic powder - 1/4 tsp (tacos)
- Onion powder - 1/4 tsp (tacos)
- Cayenne - 1/4 tsp, optional (tacos)
- Fresh thyme - 1 tsp (french onion pasta)

Produce

- Garlic - 12 cloves (2 stir fry + 2 tacos + 4 potato soup + 1 pad thai + 3 french onion)
- Fresh ginger - 1 tsp, grated (stir fry) + 1 tsp (pad thai)
- Bell pepper - 2 (1 red stir fry + 1 red pad thai)
- Onion - 1 small (stir fry) + 1/2 small yellow (tacos)
- Green beans - 8 oz (stir fry)
- Sweet potatoes - 2 large (tacos)
- Avocado - 1 (taco crema)
- Lime - 2 (1 taco crema + 1 pad thai)
- Yukon gold potatoes - 2 lbs (potato soup)
- Yellow onion - 2 (1 medium potato soup + 3 large french onion)
- Carrots - 2 (pad thai)
- Green onions - 2 stalks (pad thai)
- Snow peas - 1 cup (pad thai)
- Fresh cilantro or parsley - for serving (pad thai)

Tofu

- Extra-firm tofu - 15 oz (ground tofu stir fry)

Dairy & Refrigerated

- Sharp cheddar, shredded - 1 cup (potato soup)
- Gruyere cheese, shredded - 1/2 cup (french onion pasta)
Gruyere tip: Swiss, white cheddar, mozzarella, or provolone all work as more affordable substitutes!
- Parmesan, grated - 1/4 cup (french onion pasta)

Optional Add-Ons

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

Ground Tofu Stir Fry

- Rice - to serve
- Sesame seeds - to garnish
- Green onions - to garnish

Sweet Potato & Black Bean Tacos

- Cotija or feta - to serve
- Fresh cilantro - to serve
- Diced red onion - to serve
- Shredded cabbage or slaw - for crunch

Crockpot Potato Soup

- Chives or green onions - to garnish
- Extra shredded cheese - to top
- Extra sour cream - to top
- Crusty bread or crackers - for serving

Vegan Pad Thai

- Bean sprouts - 1 cup
- Extra lime wedges - for serving
- Fresh cilantro or parsley - for garnish

French Onion Pasta

- Extra cheese and fresh thyme - to top
- Crusty bread - for serving

Notes

- **Ground Tofu Stir Fry** - Grate the tofu on a box grater - don't press it first. Let it sit in the skillet without stirring so the moisture cooks out and it gets golden. Don't rush this step!

- **Sweet Potato & Black Bean Tacos** - Roast the sweet potatoes at 425F for 25-30 minutes, flipping halfway. Mash about 1/3 of the black beans as they cook - it helps the filling hold together in the taco.

- **Crockpot Potato Soup** - Set it in the morning and it's ready by dinner! Add the flour/butter/milk mixture and cheese in the last 20 minutes. Use an immersion blender to blend about 1/3 of the soup for extra creaminess.

- **Vegan Pad Thai** - Cook the sauce in the skillet for 2-3 minutes before adding the noodles - this is what thickens it up. Rinse the cooked noodles under cold water to stop them from sticking.

- **Creamy French Onion Pasta** - Don't rush the onion caramelization - the full 25 minutes is where all the flavor comes from. Get the onions going while you prep everything else so it doesn't feel as long!

Bonus Recipe: Crockpot Apple Butter

foodwithfeeling.com/crockpot-apple-butter

Cooks for 10-12 hours total - best started the night before or first thing in the morning!

- Apples - 5 lbs, peeled, cored, and diced (try a mix: Fuji, Gala, Honeycrisp, Granny Smith)
- Brown sugar - 1 1/2 cups, packed
- Cinnamon - 2 tsp
- Nutmeg - 1/4 tsp
- Vanilla extract - 1 tsp
- Salt - 1/2 tsp