

Food with Feeling

Meal Plan #55 - Grocery List

This Week's Recipes

- [Vegetarian Broth Bowls](#)
- [Tempeh Tacos](#)
- [Creamy Romesco Butterbeans](#)
- [Garlic Butter Noodles](#)
- [Vegetarian French Onion Soup](#)

Pantry

- Olive oil - 1/2 cup + 2 tbsp
- Vegetable broth - 10 cups (2 cups broth bowls + 8 cups French onion soup)
- Lite coconut milk - 1 can, 15 oz (broth bowls)
- Natural peanut butter - 2 tbsp (broth bowls)
- Red curry paste - 2 tbsp (broth bowls)
- Soy sauce - 1/4 cup + 2 tbsp (1/4 cup broth bowl tofu + 2 tbsp broth)
- Maple syrup - 1/2 tbsp (broth bowl tofu)
- Tomato paste - 2 tbsp (broth bowl tofu)
- Better Than Bouillon veggie base - 1 tsp (broth bowl tofu)
- Basmati rice - 1 cup, dry (broth bowls)
- Roasted red peppers - 12 oz jar (romesco)
- Raw almonds - 1/2 cup (romesco)
- Butter beans - 2 cans, drained and rinsed (romesco)
- Butter - 2 tbsp (French onion soup) + 8 tbsp / 1/2 cup (garlic butter noodles)
- Sugar - 1 tsp (French onion soup)
- Worcestershire sauce - 1 tbsp, vegan (French onion soup)
- Red wine - 1/2 cup, optional (French onion soup)
can sub additional vegetable broth + a splash of soy sauce
- Bay leaves - 2 (French onion soup)
- Pasta - 1 lb (garlic butter noodles)
- Tortillas - corn or flour, for tempeh tacos
- Water - 1/4 cup (tempeh tacos)

Spices & Seasonings

- Salt & pepper - to taste
- Fine sea salt - 1 tsp (romesco)
- Cumin - 2 tsp (tempeh tacos)
- Chili powder - 1 tsp (tempeh tacos)
- Oregano - 1/4 tsp (tempeh tacos)
- Paprika - 1/4 tsp (tempeh tacos)
- Italian seasoning - 1 tsp (garlic butter noodles veggies)
- Garlic powder - 1 tsp (garlic butter noodles veggies)
- Onion powder - 1 tsp (garlic butter noodles veggies)
- Fresh thyme - 1 tbsp (French onion soup)

Produce

- Garlic - 17 cloves (2 broth bowls + 2 tempeh + 3 romesco + 6 garlic noodles + 4 French onion)
- Fresh ginger - 1 tsp, grated (broth bowl tofu)
- Yellow onion - 1/2 (tempeh tacos) + 3 lbs / about 5 large (French onion soup)
- Lime - 1 (broth bowls)
- Plum tomatoes - 3 small (romesco)
- Fresh parsley - 1/4 cup, packed (romesco)
- Lemon - 1 (romesco)
- Zucchini - 1 (garlic butter noodles)
- Bell pepper - 1 red (garlic butter noodles)
- Cauliflower - 1/2 head (garlic butter noodles)
- French bread or baguette - 4 thick slices (French onion soup)

Tofu & Tempeh

- Super-firm or extra-firm tofu - 15 oz (broth bowls)
- Tempeh - 8 oz block (tacos)

Dairy & Refrigerated

- Greek yogurt - 5 oz (romesco; or swap for 5 oz silken tofu to keep vegan)
- Gruyère cheese - 1 cup, freshly grated (French onion soup)
Sub: Swiss, fontina, or any other good melting cheese

Optional Add-Ons

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

Vegetarian Broth Bowls

- Cucumber slices - to top
- Green onions - to top
- Fresh cilantro - to top
- Chili crunch oil - to top
- Sesame seeds - to top

Tempeh Tacos

- Shredded cheese, sour cream, salsa, diced tomato, avocado, cilantro
- Side dish for the tacos - Mexican rice, refried beans, or a simple corn salad

Creamy Romesco Butterbeans

- Crusty bread - for serving (highly recommended!)
- Drizzle of olive oil + extra parsley - to finish

Garlic Butter Noodles

- Fresh parmesan or other cheese - to top
- Fresh herbs - parsley or basil

French Onion Soup

- Extra Gruyere or cheese of choice - always more cheese
- Fresh thyme sprigs - to garnish

Notes

- **Vegetarian Broth Bowls** - The broth and tofu cook simultaneously so this is faster than it looks! Store leftovers with the broth separate from the rice and tofu - they soak it up quickly.

- **Tempeh Tacos** - Crumble the tempeh into very small pieces for the best texture. The water helps the seasoning coat everything and thicken up - don't skip it!

- **Creamy Romesco Butterbeans** - Don't skip the simmer step - it cooks off the raw garlic edge and deepens the flavor. The sauce will thicken as it sits; add a splash of water when reheating.

- **Garlic Butter Noodles** - Start the veggies first since they take 30-40 minutes to roast. Don't let the garlic burn when sautéing - it goes from golden to bitter fast. Reserve pasta water before draining!

- **Vegetarian French Onion Soup** - The caramelized onions take a full 45 minutes and can't be rushed - this is where all the flavor comes from. The soup can be made 1-2 days ahead and reheated before adding the bread and cheese.

Bonus Recipe: Easy Sautéed Cinnamon Apples

foodwithfeeling.com/easy-sauteed-cinnamon-apples

Ready in 13 minutes! Great over oatmeal, pancakes, or with a scoop of vanilla ice cream.

- Apples - 1 large (Honeycrisp or Pink Lady work great), peeled and diced
- Butter or coconut oil - 1 1/2 tbsp
- Brown sugar - 2 tbsp
- Cinnamon - 1/4 tsp
- Nutmeg - pinch
- Cornstarch - 1/2 tsp + 2 tbsp water