

Food with Feeling

Meal Plan #57 - Grocery List

This Week's Recipes

- [Chickpea and Cauliflower Bowls](#)
- [Roasted Red Pepper Tofu Pasta](#)
- [Ground Tofu Stir Fry](#)
- [Vegan Black Bean Soup](#)
- [Vodka Sauce Creamy Butter Beans](#)

Pantry

- Olive oil - ~1/2 cup (1/4 cup butter beans + 1 tbsp each: chickpea bowls, pasta, stir fry, black bean soup)
- Pasta - 1 lb (roasted red pepper tofu pasta)
- Soy sauce - 1/4 cup (ground tofu stir fry)
- Maple syrup - 2 tbsp (chickpea bowl dressing) + 1/2 tbsp (stir fry)
- Toasted sesame oil - 1 tsp (ground tofu stir fry)
- Tomato paste - 2 tbsp + 1/2 cup (2 tbsp stir fry + 1/2 cup butter beans)
- Vegetable broth - 4 cups (black bean soup)
- Black beans - 4 cans (black bean soup)
- Butter beans - 2 cans (vodka sauce butter beans)
- Chickpeas - 1 can (chickpea cauliflower bowls)
- Nutritional yeast - 2 1/2 tbsp (roasted red pepper tofu pasta)
- Roasted red peppers - 12 oz jar (roasted red pepper tofu pasta)
- Chipotle pepper in adobo - 1 pepper (black bean soup)
- Tahini - 1/3 cup (chickpea cauliflower bowl dressing)
- Apple cider vinegar - 1/4 cup (chickpea cauliflower bowl dressing)
- Hummus - 1 cup store-bought (chickpea cauliflower bowls)
- Rice - for serving with the ground tofu stir fry
- Butter - 2 tbsp (vodka sauce butter beans)
- Water - 1/3 cup (ground tofu stir fry sauce)
- Vegetarian beef bouillon - 1 tsp (ground tofu stir fry)

Spices & Seasonings

- Salt & pepper
- Garlic powder - 1/2 tsp (chickpea bowls) + 1 tsp (roasted red pepper pasta)
- Italian seasoning - 2 tsp (roasted red pepper tofu pasta)
- Ground cumin - 1/2 tsp (black bean soup)
- Smoked paprika - 1/2 tsp (black bean soup)
- Red pepper flakes - 1 tsp (vodka sauce butter beans)
- Fine sea salt - to taste (chickpea bowls)
- Bay leaf - 1 (black bean soup)

Produce

- Garlic - 8 cloves (2 pasta + 2 stir fry + 2 black bean soup + 2 butter beans)
- Shallot - 2 small (1 roasted red pepper pasta + 1 vodka sauce butter beans)
- Yellow onion - 2 small (1 black bean soup + 1 stir fry)
- Carrot - 1 large (black bean soup)
- Celery - 1 stalk (black bean soup)
- Fresh thyme - 1/2 tsp minced (black bean soup)
- Bell pepper - 1 (ground tofu stir fry; red, yellow, or orange)
- Green beans - 8 oz (ground tofu stir fry)
- Fresh ginger - 1 tsp, grated (ground tofu stir fry)
- Cauliflower - 1 small head (chickpea cauliflower bowls)
- Baby potatoes - 1 lb (chickpea cauliflower bowls)
- Lemon - 2 (2 tbsp pasta + 2 tbsp chickpea bowl dressing)
- Fresh parsley - for garnish (chickpea cauliflower bowls)
- Fresh herbs - basil or parsley, for garnish (vodka sauce butter beans)

Tofu & Dairy

- Extra-firm tofu - 1 block (ground tofu stir fry)
- Silken tofu - 2 blocks, 15 oz each (1 roasted red pepper pasta + 1 vodka sauce butter beans)
- Parmesan - 1/2 cup, grated (vodka sauce butter beans)
- Plant-based milk - 1 cup (roasted red pepper pasta) + 3/4 cup (vodka sauce butter beans)

Optional Add-Ons

Extras, garnishes, and sides - grab what sounds good!

Chickpea & Cauliflower Bowls

- Quinoa or rice - to make it a heartier bowl
- Sour cream or Greek yogurt - 2 tbsp, for a creamier dressing
- Smoked paprika or cumin - extra seasoning on the veggies

Roasted Red Pepper Tofu Pasta

- Fresh basil - to garnish

Ground Tofu Stir Fry

- Sesame seeds - to garnish

Vegan Black Bean Soup

- Sour cream - to top
- Fresh cilantro - to garnish
- Red onion - diced, to top
- Avocado - sliced, to top
- Lime - a squeeze to finish
- Shredded cheese - to top

Vodka Sauce Butter Beans

- Vodka - 2 tbsp (can sub veggie broth or extra milk)
- Crusty bread - for scooping (highly recommended!)
- Fresh basil or parsley - to garnish

Notes

- **Chickpea & Cauliflower Bowls** - Don't crowd the sheet pan - the veggies need room to roast, not steam. Shake the pan halfway through. Serve over hummus with the tahini dressing drizzled on top.

- **Roasted Red Pepper Tofu Pasta** - The silken tofu blends completely into the sauce - don't skip it! It makes the sauce incredibly creamy without being heavy. Blend until totally smooth before adding to the pasta.

- **Ground Tofu Stir Fry** - Break the tofu into small crumbles as it cooks - the smaller the pieces, the better the texture. The bouillon adds a savory depth that makes this taste almost meaty. Start with 2 tbsp of water and add more as needed.

- **Vegan Black Bean Soup** - For a thicker, creamier soup blend half of it with an immersion blender - this is the move! Start with just half a chipotle pepper if you want less heat. Gets better the next day.

- **Vodka Sauce Butter Beans** - The silken tofu is the secret to the creamy sauce - it blends in completely. Don't skimp on the tomato paste cook time; let it go a full minute to deepen the flavor. Serve with crusty bread for scooping.

Bonus Recipe: Pumpkin Donuts

foodwithfeeling.com/pumpkin-donuts

Baked, not fried! Makes 6 donuts. Great for a fall weekend morning.

- All-purpose flour - 1 cup
- Baking soda - 1/2 tsp
- Baking powder - 1 tsp
- Salt - pinch
- Pumpkin pie spice - 1/2 tsp
- Maple syrup - 1/4 cup
- Milk of choice - 1/2 cup
- Vanilla extract - 1 tsp
- Pumpkin puree - 1/2 cup (canned)
- Cane sugar - 1/2 cup (for cinnamon-sugar topping)
- Ground cinnamon - 1/2 tbsp (for topping)
- Cooking spray

Maple syrup already on your list!

Optional glaze: 1/2 cup powdered sugar + 1/4 tsp vanilla + 2-3 tsp milk