Food with Feeling

Meal Plan #59 - Grocery List

This Week's Recipes

- Creamy Coconut Curry Ramen
- Lentil Sloppy Joes
- Broccoli Cheese Rice Casserole
- Maple Dijon Roasted Veggie Bowls
- Cheesy Butternut Squash Orzo

Pantry

- Olive oil - ~1/4 cup (2 tbsp ramen + 1 tbsp sloppy joes + 2 tbsp orzo)
- Soy sauce - 2 tbsp ramen + 1 tbsp sloppy joes
- Maple syrup - 1 tbsp ramen + 1 tbsp sloppy joes + 2 tbsp maple dijon dressing
- Red curry paste - 2 tbsp (ramen)
- Coconut milk - 1 can, 13.5 oz full-fat (ramen)
- Vegetable broth - 4 cups ramen + 2 cups broccoli casserole + 5 cups orzo
- Ramen noodles - 2 blocks, discard seasoning packets
- Tomato paste - 1 tbsp (lentil sloppy joes)
- Tomato sauce - 1 cup (lentil sloppy joes)
- Ketchup - 2 tbsp (lentil sloppy joes)
- Mustard - 1 tbsp yellow or Dijon (lentil sloppy joes)
- Lentils - 1.5 cups cooked, or 1 can drained (lentil sloppy joes)
- Burger buns or sandwich rolls (lentil sloppy joes)
- White beans - 1 can, 15 oz (broccoli cheese casserole)
- Chickpeas - 1 can, 15 oz (maple dijon roasted veggie bowls)
- Long-grain white rice - 2 cups uncooked (broccoli cheese casserole)
- Orzo pasta - 1 lb (cheesy butternut squash orzo)
- All-purpose flour - 3 tbsp (broccoli cheese casserole)
- Butter - 4 tbsp (broccoli cheese casserole)
- Dijon mustard - 1/2 cup (maple dijon dressing)
- Tahini - 1/3 cup (maple dijon dressing)
- Apple cider vinegar - 1/4 cup (maple dijon dressing)

Spices & Seasonings

- Salt & pepper
- Garlic powder - 1 tsp broccoli casserole + 1/2 tsp maple dijon bowls
- Onion powder - 1 tsp (broccoli cheese casserole)
- Paprika - 1/2 tsp (broccoli cheese casserole)
- Smoked paprika - 1 tsp (lentil sloppy joes)
- Chili powder - 1/2 tsp, optional (lentil sloppy joes)
- Dried thyme - 1 tsp, or 1 tbsp fresh (cheesy butternut squash orzo)

Produce

- Garlic - 4 cloves ramen + 2 cloves sloppy joes + 3 cloves orzo
- Yellow onion - 1 medium (ramen) + 1 small (sloppy joes)
- Sweet onion - 1 small (cheesy butternut squash orzo)
- Red onion - 1/2 (maple dijon roasted veggie bowls)
- Fresh ginger - 1 tbsp, minced (ramen)
- Broccoli - 2 cups florets ramen + 6 cups florets casserole + 1 head (~2 cups) orzo
- Purple cabbage - 1 cup shredded (ramen)
- Bell pepper - 1, any color (lentil sloppy joes)
- Butternut squash - 1 small, about 1 lb (cheesy butternut squash orzo)
- Cauliflower - 1 small head (maple dijon roasted veggie bowls)
- Carrots - 2 large (maple dijon roasted veggie bowls)
- Lemon - 1 (2 tbsp juice for maple dijon dressing + 2 tbsp juice for orzo)
- Lime - 1 (1 tbsp juice for ramen)
- Fresh thyme - 1 tbsp, if not using dried (cheesy butternut squash orzo)

Dairy

- Milk - 1 3/4 cups (broccoli cheese casserole)
- Greek yogurt - 3/4 cup plain, 2% or whole milk (broccoli cheese casserole)
- Sharp cheddar cheese - 2 1/2 cups shredded, ~0.7 lbs (broccoli cheese casserole)
- Parmesan - 1 cup grated, optional (cheesy butternut squash orzo)

Optional Add-Ons

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

Creamy Coconut Curry Ramen

- Soft boiled eggs - to top
- Green onions - sliced, to top
- Sesame seeds - to top
- Lime wedges - to serve
- Chili oil or sriracha - to top

Lentil Sloppy Joes

- Vegan cheese - to top
- Pickled onions - to top
- Sliced avocado - to top
- Shredded lettuce - to top
- Side dish - chips, salad, or roasted veggies

Maple Dijon Roasted Veggie Bowls

- Sour cream or Greek yogurt - 2 tbsp (for creamier dressing)
- Grains - quinoa or farro, for a heartier bowl

Notes

- **Creamy Coconut Curry Ramen -** Don't overcook the ramen - it goes in at the end and only needs 2-3 minutes. The broth is the star here; taste and adjust curry paste and soy sauce to your heat preference before serving.
- **Lentil Sloppy Joes -** Canned lentils work great here and save a lot of time. The filling thickens as it sits, so if making ahead, add a splash of water when reheating. Great for meal prep - filling keeps in the fridge up to 5 days.
- **Broccoli Cheese Rice Casserole -** Make the roux low and slow so it doesn't scorch - whisk constantly once you add the milk. Fresh or frozen broccoli both work; no need to thaw frozen. The casserole sets up more as it cools.
- **Maple Dijon Roasted Veggie Bowls -** Use two sheet pans so everything roasts evenly - crowded pans steam. The dressing doubles well and keeps in the fridge for a week.
- **Cheesy Butternut Squash Orzo -** The orzo absorbs liquid fast - stir frequently and add extra broth if it looks too thick before the orzo is cooked through. Roast the squash until the edges are caramelized for the best flavor.

Bonus: Vegetarian Freezer Crockpot Meals

Stock your freezer for the weeks ahead! Dump-and-go crockpot meals that are completely hands-off.

Get all 6 recipes at foodwithfeeling.com