

MONDAY



*Thai Red Curry Soup*



SHOPPING LIST

TUESDAY



*Butternut Squash & Black Bean Chili*

THINGS YOU PROBABLY HAVE ON HAND

- olive oil
- brown sugar
- hot pepper sauce
- soy sauce
- ground cumin
- chili powder
- ground coriander
- dried oregano
- red pepper flakes

FRESH PRODUCE

- 1 med. butternut squash
- 1 small cauliflower
- 2 med. sweet potatoes
- 2 med. carrots
- 6 med. parsnips
- 1 med. turnip
- 2 red bell peppers
- 1 jalapeño pepper
- 1 large yellow onion
- 2 small yellow onions
- 1 bunch green onions
- 1 bulb garlic
- 1 bunch cilantro
- 1 bunch fresh thyme
- 1 bunch basil
- 1 lemon
- 2 limes
- 1 lb. sliced mushrooms
- 1 thumb-sized piece ginger

WEDNESDAY



*Roasted Winter Veggies in Thai Red Curry*

DAIRY & OTHER REFRIGERATED ITEMS

- 7 oz. Greek yogurt
- creme fraiche (1/2 cup)
- 14 oz. firm tofu
- sour cream (1/2 cup)
- 6 oz. cheddar cheese
- 10 oz. pkg. pizza dough

GRAINS, LEGUMES, PASTA & BULK

- white or brown rice
- 1 lb. dried black beans (or three 15-oz. cans)

THURSDAY



*Roasted Vegetable Soup*

CANNED & JARRED GOODS

- 1 (4-oz.) jar Thai red curry paste
- 1 jar salsa
- 3 (14-oz.) cans lite coconut milk
- 2 (15-oz.) cans diced tomatoes
- 4 (32-oz.) cartons vegetable broth (16 cups)

EVERYTHING ELSE

- 1 (750 ml) bottle Chardonnay or other dry white wine

FRIDAY



*Mexican Black Bean Pizza*