

Shopping List by Recipe: October Week #2

Recipe #1: Pierogi with Broccoli and Walnuts • 1 box frozen potato and onion pierogi • 1 bunch broccoli • olive oil • red pepper flakes • 1 small onion • walnut pieces (1/2 c.) •	Recipe #2: Curried Red Lentil, Swiss Chard, and Chickpea Soup • large onion • garlic (2 cloves) • large bunch Swiss Chard • curry powder (5 t.) • cayenne pepper • carrots (1 c.) • vegetable broth (4 c.) • 1 ½ c. red lentils • 15 oz. can chickpeas • plain yogurt (to serve)
Recipe #3: Spanish Tortilla with Kale • large onion • 1 ½ lb. red potatoes • 6-8 stems kale • 6 large eggs • good bread (to serve on)	Recipe #4: Whole Wheat Pasta with Arugula, White Beans, and Ricotta • ¾ pound whole wheat rotini • ½ c. thinly sliced potatoes • garlic (3 cloves) • 1 bunch fall/winter arugula (okay if it's large and tough) • 1 15 oz. can cannellini beans • green beans (2 c.) • dried rosemary • red pepper flakes • part skim ricotta (8 oz.)
Recipe #5: Peanut Sesame Noodles • peanut butter (1/2 c.) • soy sauce (1/4 c.) • fresh ginger (2 T.) • garlic (1 clove) • red wine vinegar (2 T.) • sesame oil (1 ½ T.) • honey (2 t.) • red pepper flakes • ¾ lb. spaghetti, linguine, or rice	

noodles • 4 scallions • 1 red bell pepper • 1 yellow bell pepper • sesame seeds (3 T.)	
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Entire Shopping List: October Week #2

Produce	Grains & Legumes
• 1 bunch broccoli (#1) • onions (3) (#1, #2, #3) • garlic (6 cloves) (#2, #4, #5) • 1 bunch swiss chard (#2) • carrots (2-3 large) (#2) • 2 ½ lb. red potatoes (#3, #4) • 1 bunch kale (#3) • 1 bunch arugula (okay if it's large and tough) (#4) • green beans (2 c.) (#4) • ginger (2 T.) (#5) • scallions (4) (#5) • 1 red bell pepper (#5) • 1 yellow bell pepper (#5)	• red lentils (1 ½ cups) (#2) • ¾ lb. whole wheat rotini (#4) • ¾ lb. spaghetti, linguine, or rice noodles (#5) •
Dairy	Canned Goods
• plain yogurt (1 c.) (#2) • 6 large eggs (#6) • part skim ricotta (8 oz.) (#4) •	• vegetable broth (4 c.) (#2) • 15 oz. can chickpeas (#2) • 15 oz. can cannellini beans (#4) •
Frozen Goods	Miscellaneous
• 1 box potato and onion pierogi (#1) •	• olive oil • red pepper flakes (#1, #4) • curry powder (5 t.) (#2) • cayenne pepper (#2) • good bread (to serve tortilla on) (#3) • dried rosemary (#4) • peanut butter (1/2 c.) (#5) • soy sauce (#5) • red wine vinegar (#5) • sesame oil (#5) • honey (#5) • sesame seeds (#5) •