

# Shopping List

## Vegetables

- Baby spinach (1 cup)
- Bell pepper (1)
- Butternut squash (1)
- Carrots (1 cup)
- Cauliflower (1 small head)
- Celery (1 stalk)
- Tomatoes (2 medium)
- Pureed tomatoes (14.5 oz)
- Onions (2 medium)

## Beans and Grains

- Arborio rice (1 cup)
- Black beans (Two 30-oz cans)
- Chickpeas (30 oz)
- Brown rice (1/4 cup dried for burgers/more for serving vegan butter chicken)
- Flour tortillas (8)
- Dried brown lentils (1 cup)
- Rolled or Instant Oats (1 cup)
- Spaghetti (16 oz)
- Super firm or extra firm tofu (16 oz block)

## Herbs

- Chives (1/4 cup)
- Cilantro (4 tbsp)
- Garlic (16 cloves)
- Ginger (1-inch knob)
- Jalapeno pepper (1)
- Kasoori methi (2 tbsp)
- Lemon (1)
- Dried Mexican oregano or marjoram (1 tsp)
- Dried oregano (2 tsp)
- Parsley (1/2 cup)
- Sage (1 tbsp)
- Thyme (2 tsp)

## Spices

- Cayenne (1 tsp)
- Chipotle chili in adobo sauce (1)
- Ground coriander (2 tsp)
- Garam masala (2 tsp)
- Garlic powder (3 tsp)
- Ground cumin (5 tsp)
- Paprika (2 tsp)
- Red pepper flakes (1/2 tsp)
- Sesame seeds (1 tbsp)
- Smoked paprika (1/2 tsp)
- Onion powder (1 tsp)
- Garlic powder (3 tsp)

## Oils

- Extra virgin olive oil (2 1/2 tbsp)
- Vegetable oil (2 tbsp)

## Other ingredients

- White wine (1/2 cup)
- Vegan cheddar cheese shreds (1/2 cup)
- Vegan parmesan cheese (1/4 cup)
- Vegetable stock (6 cups)
- Raw cashews (1/4 cup)
- Walnuts (1/2 cup)
- Nutritional yeast (1 tbsp)
- Maple syrup or sugar (1 tsp)
- Guacamole
- Tomato salsa
- Ketchup (1/4 cup)
- Burger buns (10)