

VEGETARIAN



Vegetarian Taco Casserole *and* **Tofu Satay Bowls**

Produce

Avocado, 1
Cilantro, ¼ bunch
Cucumber, 1
Garlic cloves, 2
Ginger, fresh, 1 (½-inch) piece
Kale, curly, 1 bunch
Limes, 3 ½

Dairy/Refrigerated

Mexican-style cheese blend, shredded, 8 ounces (2 cups)
Tofu, extra-firm, 1 (14-ounce) block

Pantry

Beans, pinto, 1 (16-ounce) can
Coconut aminos, 2 tablespoons
Coconut milk, full-fat, canned, 4 fluid ounces (½ cup)
Tomatoes and green chiles (such as Ro-Tel), diced, 4.4 ounces (½ cup)
Fish sauce, 2 tablespoons

Olives, black, sliced, 1 (2.25-ounce) can
Olive oil, extra-virgin, 3 tablespoons
Peanuts, salted, crushed, 2 tablespoons
Peanut butter, natural, creamy, 2.3 ounces (¼ cup)
Rice, white, uncooked, 12.6 ounces (2 cups)
Sambal oelek, 1 teaspoon
Sesame oil, toasted, 1 teaspoon
Soy sauce or tamari, 2 tablespoons
Sugar, brown, 2 tablespoons plus 2 teaspoons

Seasonings

Chili powder, mild, 1 tablespoon
Cumin, ground, ½ teaspoon
Oregano, dried, ½ teaspoon
Red pepper flakes, 1 ¼ teaspoons
Turmeric, ground, 1 teaspoon