

# The Beet Sheet

## No. 2



Sunday.....Black Bean Lasagna  
*Trisha Yearwood*

Monday.....Glam Chowder and  
Whole Wheat Buns  
*Isa Does It/Post Punk Kitchen w/ rolls from Holy Cow Vegan*

Tuesday..... Tofu Curry Pie  
*Semi Whole Food recipe from Beet Sheet*

Wednesday..... Burger Night  
*Gardein Burgers, Holy Cow Vegan rolls*  
*Semi-WF Oven Fries from Beet Sheet*

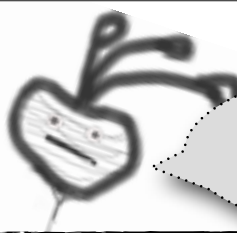
Thursday.....Nemo's No Fish Tofu Tacos  
*Family Disney*

Friday.....Pizza Party  
*Not-zarella, Dough from Sexy Vegan*

Saturday.....Glam Chowder II

# The Beet Sheet

## Shopping List 2



Get some extra beets to roast up, save as snacks, salad toppings or for raw juice. YUM!

### Pantry Goods:

- 1 dried black beans \$\$
- lasagna noodles
- 1 lb raw cashew pieces \$\$ **P**
- vegan panko breadcrumbs
- brown rice \$\$ **P**
- 1 bag white flour **P**
- 1 bag whole **P** wheat flour
- 3 jars tomato sauce
- vegetable oil **P**
- cornstarch or arrowroot
- curry powder
- 1 can coconut milk
- vital wheat gluten
- active yeast **P**
- nutritional yeast \$\$
- Old Bay seasoning
- smoked paprika

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### Produce:

- 2 boxes sliced mushrooms
- shitake (opt. for chowder) ◎◎ \$
- 1 lb bag of potatoes
- fresh parsley
- fresh Cilantro (opt. for tacos/salsa/curry pie)
- watercress, radishes, brocc. slaw, avocados ◎◎ \$ (opt taco toppings)
- fresh greens for smoothies/ pie
- 1 bag yellow onions
- 1 bag carrots
- 1 bunch celery
- 1 bulb garlic
- 2 lemons
- 2 limes

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### Frozen:

- carrots slices
- pepper strips \$ 🍷
- frozen greens for smoothies \$ 🍷
- frozen spinach for lasagna (Beet Sheet recipe add-in)
- pineapple pieces for smoothies
- veggie burger patties ✂️ Gardein

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### Fresh Ingredients:

- vegan pie crust
- 3 pkgs. ex.firm tofu
- 1 pkg. silken tofu
- Choice of Tortillas
- 4 oz. plain coconut yogurt (opt. for tacos)
- miso paste 🍷\$
- vegan mayo

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\$ 🍷 sub frozen for extra savings

\$ 🍷 pckg of whole peeled garlic cloves... huge 🍷 saver

🍷 if using Sexy Vegan Notzarella Recipe

\$\$ buy in bulk

✂️ web coupons available!

**P** Don't Forget to Check Your Pantry Items!  
See page 2

### **Pantry Check:**

- White Flour
  - Whole Wheat Flour
  - White or Brown Rice
  - Black Beans
  - Sugar or choice of Sweetener Sub for Rolls
  - Cashews (need 3 cups this week)
  - Vital Wheat Gluten
  - Active Yeast
  - Nutritional Yeast
  - Olive Oil
  - White or Brown Miso Paste (for Notzarella)
  - Medium and/or White Miso Paste
  - Ketchup
  - Nori Sheets
  - Veggie Broth Base enough for 10 cups prepared or
  - Veggie Broth enough for 10 cups \*
- \* if making double recipe of Glam Chowder for the repeat meal night. If you have 3 people or less go with single recipe and you'll need only need 5 cups

### **Spice Check:**

- Salt and Pepper
- Garlic Powder
- Onion Powder
- Curry Powder or Curry Paste
- Mustard Powder
- Dried Basil

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