

The Beet Sheet

No. 3



Sunday.....Anything Goes Paella
& Spicy Seared Chorizo
Semi-WF recipe from Beet Sheet

Monday.....Beef-less Burgundy Stew
w/ Rosemary Biscuit-Dumplings
Meet the Shannons, Isa Does It

Tuesday.....Tempeh Hoagies & Corn Chowder
The Lusty Vegan

Wednesday.....Broccoli-Lentil Hash,
Hashbrowns w/ hollandaise
Semi-WF recipe from Beet Sheet

Thursday.....Build a Bowl Night
Semi-WF recipe from Beet Sheet

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

Saturday.....Burger Night
Gardein burgers, rolls from Holy Cow Vegan
Semi-WF Oven Fries from Beet Sheet

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The Beet Sheet

Shopping List 3

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

Pantry Goods:

- 1 bg dry green lentils
- 1 bg dry black beans
- .5 lb raw cashew \$\$ pieces
- 1 box Goya "sazon con achiote" packets
- 1 box quinoa
- 1 bag whole wheat **P** flour
- 1 can diced tomatoes
- 1 can tomato paste
- 1 jar tomato sauce
- 1 jar capers
- tahini **P**
- dijon mustard **P**
- jarred artichokes
- burgundy wine
- tamari or soy sauce **P**
- liquid aminos **P**
- vegetable oil **P**
- Better than Bouillon **P**
- saffron (opt. paella)
- *Pantry Spice Check*
- red pepper flakes
- cumin
- celery seed
- Old Bay seasoning

P

Fresh Ingredients:

- 1 pkg vegan 🍄 chorizo
- Veg Pepperoni 🍄
- 1 pkg silken tofu
- 1-2 pkgs tempeh
- vegan mayo
- soy milk

Produce:

- 2 boxes sliced mushrooms
- 1-2 lb bags of potatoes (depending on how many fries you can eat)
- 1 red, 1 green pepper \$ 🍄
- fresh parsley
- fresh Cilantro
- fresh Rosemary 🍄
- fresh greens for smoothies
- lettuce for hoagies/bowls
- 1 bag yellow onions
- 3 red onions
- 1 bunch beets
- 1 bag carrots \$🍄
- 1 bunch celery
- 2 bulbs garlic \$🍄
- 3-4 lemons
- 2 tomatoes
- choice of veggies for "Bowls"

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

\$\$ buy in bulk

🍄 My favorite is Field Roast's

Frozen:

- carrots slices \$🍄
- 2 bags peas
- broccoli florets
- corn kernels
- 1-2 pkgs pepper strips (depending \$ 🍄 whether you buy fresh as well)
- frozen greens for smoothies
- pineapple/fruit pieces for smoothies
- ✂️ Gardein veggie burger patties
- ✂️ Gardein Beefless Tips 1-2 pkgs.
- packaged Hash Browns

🍄 Use half of pepperoni, freeze half for next week. Careful, gets moldy fast!

🍄 be very picky about your Rosmary, best is to grow outside (pardon my Marth Stewart moment) Mine is actually still alive right now it the snow!

\$🍄 if you can, spring for a pkg of whole peeled garlic cloves... huge 🍄 saver

\$ 🍄 sub frozen for extra savings

✂️ web coupons available!

Pantry Check:

- White Flour
- Whole Wheat Flour
- Baking Powder (for dumplings)
- Lentils
- Cashews (need 2 cups this week)
- Active Yeast
- Nutritional Yeast
- Tomato Sauce for Pizza
- Vegetable Broth (2 cups) if using Minimalist Baker Chowder Recipe, none needed if using Lusty Vegan's
- Olive Oil
- Vegetable Oil
- Red Wine Vinegar or Apple Cider Vinegar
- Medium and/or White Miso Paste (if making Sexy Vegan Not-zarella)
- Ketchup
- Dijon Mustard
- Soy Sauce
- Better than Bouillon

Spice Check:

- Garlic Powder
- Onion Powder
- Mustard Powder
- Smoked Paprika
- Dried Basil
- Dried Thyme
- Dried Oregano

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