

# The Beet Sheet

## No. 5



Sunday.....Lentil Meatballs and  
Miraculous Spaghetti Sauce  
*Post Punk Kitchen, Beet Sheet*

Monday.....Grilled Cheese & Herby Tomato Soup  
*Artisan V. Cheese, Beet Sheet*

Tuesday.....Chick Pea Patties n' Cheezy Grits w/  
Collards and Mustard Sauce  
*Post Punk Kitchen, Beet Sheet*

Wednesday....."Beef" Stew w/ Meatballs p. 2  
*Semi-WF recipe from Beet Sheet*

Thursday.....Veg. Toona Croquettes  
w/ Mashed Sweets and Beets

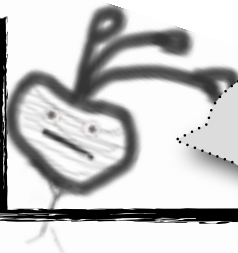
Friday.....Deep Dish Pizza Party  
*Not-zarella, Dough from Sexy Vegan*

Saturday.....Stew Part 2!

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# The Beet Sheet

## Shopping List 5




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


### Produce:

- 2 box sliced mushrooms (for pizza and stew)
- 1-1.5 sweet potatoes/person
- 1-1.5 white potatoes per person
- fresh parsley
- 1 pkg romaine (opt. green salad for pizza/spagetti)
- fresh greens for smoothies plus \$ 
- collards for Tues.
- 1 bag yellow onions
- 1 red pepper 
- 1 red onion
- 1 bunch beets
- 1 bunch celery
- 2 bulbs garlic
- 3 lemons

### Fresh Ingredients:

- veg pepperoni 
- vegan mayo
- Soy milk
- 1 c plain non-dairy yogurt (unsweetened)

### Pantry Goods:

- 1 c walnut pieces \$\$
- 1 c raw cashew pcs \$\$
- 1 bag green lentils
- 1 bag dry chick peas \$\$
- 1 cup course ground cornmeal for grits
- soy sauce **P**
- vegan worcestershire **P**
- prepared mustard
- vegan mushroom gravy (2 bxs or 2 veg. brown gravy packets)
- mushroom broth/base
- maple syrup **P**
- refined coconut oil
- roasted red peppers
- 1 bag white flour **P**
- rolled oats or chick pea flour 
- Tapioca Flour
- active dry yeast **P**
- nutritional yeast **P**
- 2 c vital wheat gluten
- lg. plain breadcrumbs
- 1 pkg diced tomatoes
- 3 cans tomato paste
- 2 jars tomato sauce
- whole wheat spaghetti
- Vegan Toona or Hearts of Palm
- paprika (Hungarian)
- herbs de provence
- Old Bay Seasoning


### Pantry Check Items:

**P**


### Frozen:


- carrots slices or baby carrots
- peas
- pepper strips
- frozen greens for smoothies
- pineapple pieces for smoothies

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

\$  sub frozen for extra savings

\$\$ buy in bulk, or take out a 2nd mortgage

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

 check which cheez recipe you will use for the grilled cheez Richa's or Miyoko's. I have not listed all Richa's ingredients because I recommend taking out the spicy elements for this application (chipotle, jalepano)

### Pantry Check:

- White Flour
- Lentils
- Cashews (need about 1 cup this week)
- Nuts (walnuts)
- Active Yeast
- Nutritional Yeast
- Refined** Coconut Oil
- Olive Oil
- Medium and/or White Miso Paste
- carageenan (if using Miyoko's meltable mozz. recipe)
- xanthum gum (if using Miyoko's meltable mozz. recipe)
- agar flakes or powder (if making Miyoko's Oat American Cheese)
- Olive Oil
- Apple Cider or White Vinegar (if doing Richa's Cheez)
- Maple Syrup and/or Agave Nectar
- Soy Sauce
- Mushroom/Vegan Gravy prepared or packet  
(you'll need 2)
- Mushroom Broth enough for 8 cups or
- Vegan Worcestershire Sauce
- Spice Check:
- Garlic Powder
- Onion Powder
- Mustard Powder
- Fennel Seeds
- Dried Cumin
- Dried Thyme
- Dried Parsley
- Dried Oregano
- Optional Herbs de Provence
- Hungarian Paprika (and Smoked if doing Richa's Cheez)

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