

# The Beet Sheet

## No. 4



Sunday.....Raise the Roof  
Sweet Potato Lasagna  
*Engine 2 Diet*

Monday.....Noodle Bowl Night  
*Semi-WF recipe from Beet Sheet*

Tuesday.....Seitan Chops w/ Apple and Ginger  
Vegan Parmy Spinach Rice  
*The Post Punk Kitchen and Beet Sheet*

Wednesday.....Tempeh Bites Two Dipping Sauces,  
Sweet Potato and Kale Mash  
*Vegan Mashup, Bryant Terry and Beet Sheet*

Thursday..... GF Vegan Meat Loaf  
and Gruyere Mashed Potatoes  
*2 Broke Vegans, Miyoko Schinner and Beet Sheet*

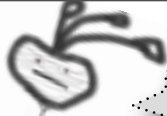
Friday.....Mushroom Reuben Pizza  
*The Beet Sheet*

Saturday.....Vegan BBQ Bleu Burgers  
*Holy Cow Vegan Rolls, Blissful Basil Cheez*

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# The Beet Sheet

## Shopping List 4



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

### Pantry Goods:

- raw cashew pcs (3 c)\$\$
- hemp seeds (1/3 c)\$\$
- raw walnuts (7 c.) \$\$
- choice of rice
- 1 bag wh wheat flour **P**
- 1 bag buckwheat flour
- vital wheat gluten
- chick pea flour (opt) 🐣\$
- brown sugar
- lasagna noodles
- whole wheat spaghetti noodles
- 2 jars tomato sauce
- liquid smoke **P**
- bbq sauce
- Annie's Papaya Poppysseed Dressing
- refined coconut oil
- maple syrup **P**
- tahini **P**
- ketchup **P**
- tamari or soy sauce **P**
- vegan worcestershire
- white wine vinegar
- apple cider vinegar **P**
- nutritional yeast **P** \$\$
- panko bread crumbs
- oregano **P**
- smoked paprika
- saffron (opt.) 🐣
- cumin **P**
- caraway seed
- mustard powder
- allspice

### Produce:

- 2 packages oyster mushrooms
- 3 pks port. 🐣\$ mushrooms (7 c. for meatloaf plus 1 pk more for lasagna)
- 1 cucumber
- 1-2 5 lb bags of potatoes
- 5-8 sweet potatoes
- fresh mint
- fresh cilantro
- fresh parsley
- fresh rosemary
- fresh spinach
- fresh sprouts
- fresh kale
- 3 red onions
- 1 bunch beets
- 2 big beautiful tomatoes
- 2 bulbs garlic
- ginger root
- 4-5 lemons
- 5-6 of your fave apples for chunky

### Frozen:

- frozen carrots 🐣\$
- 2 pks. chopped spinach
- broccoli florets 🐣\$
- frozen greens for smoothies \$ 🐣
- pineapple/fruit pieces for smoothies
- 2 pks frozen pepper strips
- ✂️ Gardein veggie burger patties

### Fresh Ingredients:

- 1 pk. X firm tofu
- 2 pks. silken tofu
- vegan parm.
- 1-2 pkgs tempeh
- sauerkraut
- unsweetened almond milk
- medium miso

🐣\$ recipe calls for portobello but feel free to sub with something cheaper!

🐣\$ for Lasagna, get extra for simple veggie sides to accompany meatloaf and burgers

\$ 🐣 sub frozen for extra savings

✂️ web coupons available!

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

\$\$ buy in bulk

🐣\$ can use nutritional yeast instead

🐣 pick up any fave Vegan Asian sauce for an extra noodle bowl

🐣 optional for chermoula sauce

### **Pantry Check:**

- Whole Wheat Flour
- White Flour (for pizza dough or buy premade pizza dough)
- Whole Wheat Spaghetti Noodles
- Cashews (need 3 cups this week)
- Active Yeast
- Nutritional Yeast
- Vital Wheat Gluten
- Vegetable Broth or Veg. Broth Base (enough for 5 cups)
- Panko Bread Crumbs
- Tomato Sauce (2 jars or make your own)
- Olive Oil
- Refined* Coconut Oil
- White Wine Vinegar and Apple Cider Vinegar
- Medium Miso Paste
- Ketchup
- Soy Sauce or Tamari
- Liquid Smoke

### **Spice Check:**

- Garlic Powder
- Cumin
- Mustard Powder
- Smoked Paprika
- Dried Oregano
- Dried Basil

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