

The Beet Sheet

No. 6



Sunday.....Blasian Fried Rice & Tofu
The Lusty Vegan

Monday.....Seitan Chops w/ Squash
and creamed spinach
Post Punk Kitchen

Tuesday.....Dilly Stew w/ Dumplings
Isa Does It

Wednesday.....Chickpeas and Rice
w/ Seitan Kebab & Tomato Salad
Semi-WF recipe from Beet Sheet

Thursday.....Spagetti w/ Lentil Meatballs
Semi-WF recipe from Beet Sheet

Friday.....Sofritas Taco Night or
Dilly Stew Part II
from Chef de Home Blog

Saturday.....Athlete Burgers!
from No Meat Athlete

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The Beet Sheet Shopping List 6

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 white beans
- 1 cup walnuts \$\$
- .5 lb raw cashew pcs \$\$
- nutritional yeast \$\$ **P**
- vital wheat gluten **P**
- chickpea flour
- 1 bag reg. flour **P**
- ground flaxseed **P**
- chick peas
- 1 bag basmati rice
- 1 can tomato paste
- choice vegan Indian simmer sauce
- 1 jar pasta sauce
- 2-3 32 oz. veg. broth
- spaghetti or penne
- tamari or soy sauce **P**
- liquid smoke
- vegan worcestershire **P**
- sesame oil
- hoisin sauce
- vegetable oil
- tahini
- chipotle in adobo
- panko bread crumbs
- seasoned bread crumbs (or DIY)
- red wine
- *Pantry Spice Check*
- sweet paprika
- smoked paprika **P**
- thyme **P**
- cumin **P**
- chile powder and/or **P** tajin seasoning (tacos)
- coriander
- oregano **P**

Produce:

- 1-2 lb bags of potatoes (for stew and for oven fries)
- 1 bell pepper \$ 🍌
- 2 poblano peppers
- fresh parsley
- fresh Cilantro
- fresh Rosemary 🍌
- fresh dill
- fresh greens for smoothies \$ 🍌
- lettuce to shred for tacos
- 1 bag yellow onions
- 2 red onions
- 1 bunch leeks \$ 🍌
- 1 bag carrots
- 1 bunch beets
- 1 package best priced mushrooms
- favorite squash (acorn, butternut, kabocha)
- 1 bunch celery
- 2 bulbs garlic \$ 🍌
- 3-4 lemons
- 4 tomatoes

Fresh Ingredients:

- 2-3 pkg firm tofu
- soy milk
- tortillas
- shredded vegan cheez (opt. 4 tacos)
- Burger Buns

Frozen:

- 2 frozen spinach packages
- frozen pepper \$ 🍌 strips
- corn kernels (fire roasted if you want)
- frozen leeks \$ 🍌
- frozen greens for smoothies
- pineapple/fruit pieces for smoothies

🍌 for seitan & stew- more/less depending on how much stew you will make. Can also use equivalent of water and broth powder.

🍌 highly recommend growing your own!

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

\$ 🍌 sub frozen for extra savings

\$\$ buy in bulk

P Don't Forget to Check Your Pantry Items!

🍌 Maya Kaimal's are my fave! Check for vegan ingredients