

The Beet Sheet

No. 7



Sunday.....Sausage and Pea Rigatoni
The Beet Sheet

Monday.....Buffalo Cauliflower Sandwiches
Sweet Potato Oven Chips
Hot for Food Blog

Tuesday.....Vegan Pizzagaina Pie
w/ Beet-Orange and Spinach Salad
The Sexy Vegan, Beet Sheet

Wednesday.....Kung Pao Chick Peas
She Knows

Thursday.....Pub Night: Sriracha Dip, Tater Skins
Spinachy Portobello Mushroom Caps
GF in the City, *Beet Sheet, H[eck] Yeah It's Vegan!*

Friday.....Veggie Dog Night
The Beet Sheet

Saturday.....Teff Buckwheat Crepes
w/ Kabocha Cheez Sauce
from Chick Peas and Change

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The Beet Sheet Shopping List 7

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

Pantry Goods:

- 3 c. dry chickpeas
- 1 bg dry white beans
- 1 cup raw unsalted sunflower seeds \$\$
- 3 c. raw cashew pcs
- nutritional yeast
- vital wheat gluten \$\$\$
- teff flour
- 1 bag reg. flour
- whole wheat flour \$\$\$
- unswt coconut flakes
- 1 bag fave rice
- 1 can tomato paste \$\$
- Kung Pao Sauce (vg)
- water chestnuts (opt)
- 14 oz. can artichokes
- 2 cans vg baked beans
- 1 32 oz. veg. broth \$\$
- rigatoni or penne
- tamari or soy sauce
- rice wine vinegar
- agave nectar
- Franks Red Hot
- Sriracha (opt.)
- olive oil
- refined coconut oil
- liquid smoke
- apple cider vinegar
- 2-3 jars picked beets
- active dry yeast \$\$\$
- dulse flakes 🍄
- smoked paprika
- garlic & onion powder
- cumin **P**
- turmeric
- black salt or Vegg yolk replacer 🍄
- arrowroot or cornstrch

Produce:

- 1 bag potatoes
- 5-6 good size sweet potatoes
- 1 bell pepper \$ 🍌
- fresh mint
- 2 shallots
- shaved brussels sprouts
- lettuce for sandwiches
- 1 small onion \$\$
- 2 red onions
- 1 head cauliflower
- more cauli for crepe sauté \$ 🍌
- veggies for dipping
- 1 bunch carrots (baby is fine) \$\$
- 1 package best priced mushrooms
- kabocha squash
- 3 bulbs garlic
- 3-4 lemons
- 2 tomatoes for sandwiches
- 1 lime
- 3 lemons \$\$
- 3 oranges
- fresh ginger

\$\$ Sunflower Sauce, DIY Cheez Option

\$\$\$ Sandwich Roll and Hot Dog Bun DIY opt

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Fresh Ingredients:

- 1 pkg xfirm tofu
- 1 pkg silken tofu
- 2 gallons unsweet non-dairy milk
- v. sour cream or unsweet coconut yogurt 🍄
- miso paste
- 2 pks shredded vegan cheez (opt. or DIY \$\$ sunflower sauce)
- Earth Balance Buttery spread
- Sandwich Buns (or DIY)
- Hot Dog Buns (or DIY)
- Vgn Hot Dogs
- Fave Vegan Italian Sausage
- Vegan Pepperoni
- Tortilla Chips
- vegan parm 🍄

Frozen:

- 1 pk spinach
- 1 small bag peas
- 2 frozen pie crust
- frzn vegan egg rolls/dumplings (opt)

P

Don't Forget to Check Your Pantry Items!

\$ 🍌

sub frozen for extra savings

🍄

Opt toppings/add in: Crepe, Pizzagina, tater skins, pasta