

The Beet Sheet

No. 8



Sunday.....Glam Chowder
& Vegan Goldfish Crackers
Post Punk Kitchen, Chef Chloe

Monday.....Dave's Misir Wat
w/ Injera or Rice
Cookin' Up a Storm, YumUniverse

Tuesday.....Un-Tuna Melt & Spicy Broccoli Potato Hash
The Beet Sheet

Wednesday.....Rockin' the Boat Risotto
& Fish-Free Cakes
Cookin' Up a Storm

Thursday.....Bob Barker Yum Bowls
Cookin' Up a Storm

Friday.....Taste of the Sea Spagetti
& Sailors Delight Sausages
Cookin' Up a Storm

Saturday.....Even-Keel Kabobs w/ Dipping Sauce
Cookin' Up a Storm

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The Beet Sheet

Shopping List 8



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

Pantry Goods:

- 2.5 c. dry red lentils
- 1 lb dry chick peas \$\$
- .5 lb dry black beans 🍄\$
- 1/2 c. raw almonds
- 1 c cashews \$\$
- all purpose flour (1 c.)
- nutritional yeast \$\$
- vit wheat gluten 1 1/4 c. 🍄
- tapioca starch (1 T)
- cornstarch (4 t)
- 3.5 c arborio rice \$\$
- brown rice \$\$
- basmati rice (opt)
- 2 lbs spaghetti
- 1 can cannellini beans 🍄
- 1 can diced tomatoes
- 1 can tomato purée
- 1 can tomato paste
- nori sheets
- tahini
- white wine
- red wine vinegar
- tamari or soy sauce
- vegetable oil
- 3 boxes veggie broth
- berbere
- cardamom
- coriander
- garlic powder **p**
- onion powder
- oregano
- crushed chili flakes
- paprika
- dried dill
- dried thyme
- cumin

Produce:

- 3 boxes sliced mushrooms
- two 5 lb bags of potatoes
- 3 red, 3 green pepper
- 1 med. zucchini
- fresh parsley
- fresh basil
- fresh chives
- fresh cilantro
- celery
- lettuce for hoagies/bowls
- 1 bag yellow onions
- 1 bag red onions
- 1 bunch beets
- 1 bag carrots
- 1 bunch celery
- 3 bulbs garlic \$🍄
- 3-4 lemons
- 6 tomatoes
- 1 avocado
- cherry tomatoes
- 3-4 cups fresh pineapple

p Don't Forget to Check Your Pantry Items!

\$\$ buy in bulk

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

Frozen:

- carrots slices
- 1 bag peas
- broccoli florets
- corn kernels

Fresh Ingredients:

- vegan sausage 🍄
- vegan butter
- kalamata olives
- 1 pkg silken tofu
- 1 pkg X-firm tofu
- 2 pkg firm tofu
- vegan mayo
- vegan cheese
- soy milk
- Sandwich Bread/Rolls

🍄 nix cannellini beans and wheat gluten if you don't want to DIY the sausage

🍄 if subbing Min. Baker Bowl for "Bob Barker Bowl" add 2 sweet potatoes, broccolini, kale, turmeric, maples syrup and nix black beans

🍄 if subbing MNN tofu kabobs add chili garlic sauce and limes to your list.

🍄 Rec: Follow Your Heart Provolone Slices

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