

The Beet Sheet

No. 9



Sunday.....Blueberry BBQ Seitan
Spinachy Rice
Post Punk Kitchen, One Green Planet

Monday.....Tempeh “Catfish”
Potato Wedges and Brussel Slaw
Ayinde Howell “Like a Vegan”

Tuesday.....Vegan BiBimBap
The Vegan Zombie

Wednesday.....Chik’n Caesar Salad
Jason Wrobel, Beyond Meat

Thursday.....Quarter Pound Beet Burgers
w/ Coconut Cheddar and curly fries
Post Punk Kitchen, Wing it Vegan

Friday.....Sausage/Rosemary Potato Pizza
The Beet Sheet

Saturday.....Brazilian Seitan and Rice
adapted from Epicurious

The Beet Sheet Shopping List 9

Pantry Goods:

- 1 c dry green lentils
- 1/2 c. raw sugar
- 1/4 c. molasses
- almond butter
- nutritional yeast \$\$
- active yeast
- tapioca starch
- vital wheat gluten
- 1 bag all purp. flour
- cornmeal
- fine breadcrumbs
- hemp seeds
- ground chia OR
- more hemp seeds
- 1/2 c veggie broth opt
- 4 cups brown rice \$\$\$
- 4 cups basmati rice \$\$\$
- agave nectar
- dijon mustard
- ketchup
- liquid smoke
- agar flakes
- prepared gochujang sauce (if you can't find fermented r. pepper paste)
- olive oil
- peanut oil or other
- 2 cans coconut milk
- sesame oil \$\$\$
- white balsamic vinegar OR (apple cider)
- tamari or soy sauce
- liquid aminos (or sub soy sauce)
- rice wine vinegar
- vegan worcestershire

Pantry Goods cont:

- relish
- capers
- pimento olives
- cayenne pepper
- cumin \$
- celery seed
- turmeric
- chili powder
- rubbed sage
- caraway seeds (opt for slaw)
- thyme \$\$
- fennel seed
- garlic & onion powders
- dry mustard
- smoked paprika

Produce:

- 2 c. blueberries
- 1 bag potatoes
- 2 beets
- fresh rosemary
- shaved brussels sprouts
- romaine lettuce
- boston lettuce and/or baby spinach
- shredded carrots
- 1 red pepper
- 1 avocado \$
- 1 small cucumber \$
- 1 small onion
- scallions
- bean sprouts
- 3 bulbs garlic
- 3 lemons



Fresh Ingredients:

- 1 pkg xfirm tofu
- 1-2 pkg tempeh
- unsweet non-dairy milk
- orange juice
- vegan mayo
- fermented red pepper paste
- Hamburger Buns (or DIY)
- Beyond Meat Grilled "Chicken"
- 1 pkg Seitan
- vegan sausage
- Tortilla Chips (opt. salad topping)

Frozen:

- 1 pk spinach
- curly fries

P Don't Forget to Check Your Pantry Items!

\$\$ buy in bulk

Notes: 🍷
