

NATURE'S FOOD PATCH Market & Café

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VEGETARIAN FLAVORS OF FLORIDA

BLACK BEAN SOUP – TAMPA STYLE

2 Cups	Black Beans, sorted and soaked overnight. Drain and cook with:
8 Cups	Stock or water
1	Lemon, juiced
4 Inches	Kombu
6	Garlic Cloves, minced
1	Red Bell Pepper, chopped
2 tsp.	Oregano
2 Tbsp.	Tamari
2 Tbsp.	Olive Oil
4	Bay Leaves
2 Tbsp.	Seasonal Miso
1 Large	Onion, chopped
2 tsp.	Cumin Seeds
1/2 Cup	Onion, chopped for garnish
1/2 Cup	Cilantro for garnish
	Cooked Brown Rice, Optional

Place beans, Kombu and liquid in a large pot and bring to a boil. Simmer 60 minutes or until beans are tender. Meanwhile, sauté peppers, onions, cumin, bay leaves and garlic in olive oil. Add herbs to the beans with the sautéed vegetables. Cook together for 30 minutes. Season with Miso, lemon juice and tamari. Garnish with onion and cilantro. Serve over brown rice.

QUICK COOKING BROWN RICE

2 Cups	Water
Pinch of	Unrefined Salt
1 Cup	Short Grain Brown Rice, washed

Bring water to a hard rolling boil. Add salt and rice slowly. Bring water back to a hard boil. Boil on high for 15 minutes. After 15 minutes, cover with a tight lid. Turn off heat and let sit on grid for 30 minutes. Remove lid.

Fluff rice and serve.

*Free Vegetarian (Vegan)
Cooking Class
By Chef Debby DeGraaff*

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LOW FAT GRAHAM CRACKER CRUST

- 1-1/4 Cups Graham Crackers, ground
- 3 Tbsp. Unrefined Sugar
- 3 Tbsp. Earth Balance Spread

Preheat oven to 325 degrees. Mix crumbs and sweetener in a bowl. Add Earth Balance Spread and mix with a fork until well blended. Transfer to a pie plate or 9 inch spring form pan. Press crumbs evenly. Bake 15-20 minutes. Cool.

KEY LIME PIE

- 1 Pkg. Firm Silken Tofu
- 8 oz. Soy Cream Cheese
- 2 tsp. Grated Zest of Lime
- 1/2 Cup Key Lime Juice
- 2 Pkg. Mori-Nu Vanilla Pudding Mix

Drain liquid from tofu. Blend tofu and juice in food processor until creamy. Add the rest of the ingredients. Blend until smooth. Pour into crust and chill.

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