

NATURE'S



FOOD PATCH

## Market & Café

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### Vegan “Taco Salad” 10/3 - Brad Myers

#### Salsa

- 1 Cup soaked dried Mangos (reserve water for cooking)
- 1 Cucumber, peeled, deseeded, diced
- 1 Sweet Onion, diced
- ½ Yellow Pepper, diced
- Cilantro (small handful), chopped fine
- 1 Avocado, diced
- pinch Cayenne
- 3 Limes, juiced

Directions: Mix all ingredients until avocado is mostly mashed in, let sit.

#### Taco Meat

- 1 package Tempeh, finely diced
- 1 handful Walnuts, smashed
- ½ - 1 Red Onion, diced
- 2 - 3 stalks Celery, finely diced
- 3 - 6 cloves Garlic, chopped
- 1 Tomato, diced
- ¼ - ½ cup Tomato Salsa
- 2 T Cumin
- 1 ½ T Chili
- 1 t Coriander
- 3 T Safflower Oil

Directions: Start with putting the Safflower Oil into a pan on medium heat. Add onions and celery. After 5 minutes toss in tempeh and walnuts, stirring frequently to cook evenly and keep from burning. You can use the water from soaked mangoes to add here. After 5 - 10 minutes add garlic and spices and raise heat to med-high. When water has been used up, add tomato salsa and reduce heat to low. Simmer for 10 minutes. Make a salad bed of shredded romaine and top with taco “meat” and salsa over that.