

# NATURE'S



# FOOD PATCH

## Market & Café

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## Tempeh Taco Salad 9/17 - Brad Myers,

<https://www.facebook.com/TheVegabondChef>

### “Meat” Ingredients

1 package Tempeh, diced  
1/2c Walnuts, chopped fine  
1/2 White Onion, thinly sliced  
2 cloves Garlic, minced  
1T Cumin  
2t Tomato Powder  
1/2t Coriander  
1/2t Chili Powder  
1/2t Veggie Pepper  
1/2t Onion Powder  
1/2t Garlic Powder  
5 slices Sundried Tomato, reconstituted  
1T Tamari  
1/2 can Black Beans  
1/4c Cilantro  
1T Nutritional Yeast  
1T Agave Nectar

### Salad Ingredients

Red Onion, finely sliced  
Green Onion, chopped  
Celery, finely sliced  
Carrots, julienne  
Bell Pepper, finely diced  
Cucumber, diced  
Lime Juice  
Black Sesame, <1t  
Romaine, finely chopped

Tortilla Strips (with Trocomare)

### Dressing Ingredients

Tomato  
White Onion  
Avocado  
Basil  
Lime, juice of 1  
Mango, ~5 slices (dried)  
Jalapeno  
Salt

### DIRECTIONS

**Meat:** First soak your dried mango slices (whole) and sundried tomatoes (finely diced), each in their own bowl with water level just high enough to submerge. Get a couple tablespoons of oil into a sauté pan at about medium heat and toss in finely diced tempeh and crushed walnuts. After 5ish minutes as tempeh and walnuts brown a little, stir in onions and garlic. Next, throw in all spices except for onion and garlic powders and nutritional yeast. Allow spices to cook dry for a minute and use the tomato soak water, a little at a time, to keep things from burning and sticking. Then toss in sundried tomatoes, black beans, nutritional yeast, tamari, agave, and onion and garlic powders -- allow to simmer gently for 5 minutes. Pull off heat and stir in chopped cilantro so as to poach it slightly but not cook it entirely.

**Salad:** Mix all ingredients (aside from romaine) to your liking. Squeeze the juice of a fresh lime and sprinkle black sesame seeds and mix. Finely chop romaine and set aside.

**Dressing:** Mix ingredients as best as you can into a bullet blender and blend until not completely smooth.