



RECIPES

Coconut Shitake Soup serves 6

2 cups broth (2 Tbsp. Nutritional yeast, 4 Tbsp. Bragg's Liquid Aminos, ½ tsp. real salt, ½ tsp. elepahnt garlic powder, ½ tsp. red onion powder, and dash cayenne in 1 ¾ cups water)

3 cans organic coconut milk/cream

1 lb. firm organic tofu - cut into ½ inch cubes

4 Tbsp. Safflower oil

1 cup fresh shitake mushrooms cut into strips

¼ cup fresh lemon juice

3 inch length of ginger root – peeled and cut in thin slices

4 Tbsp. organic Tamari sauce

2 Tbsp. honey

Real salt

¼ bunch fresh cilantro – chopped or clipped

Stir Fry tofu in safflower oil until golden and set aside while warming broth and milk for soup base. Lightly fry in safflower oil left from tofu, and then add mushrooms and ginger to stir fry mixture. At last minute add tofu to stir fry and toss slightly. Add stir fry to soup base. Add remaining ingredients to soup holding back the cilantro to add as garnish when served. Simmer soup for 20 minutes, stirring occasionally. Serve warm or chilled.