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FOOD AS MEDICINE

Elevating Health with Soy: Your Path to Wellness

Recipes by Allison Harrell





Tempeh Tacos

Ingredients:

Makes: 3 servings

Taco Ingredients:

- Avocado oil spray
- ½ cup onion, small dice
- ½ cup red pepper, small dice
- 4 cloves garlic
- 8 ounces tempeh
- 2 teaspoons onion powder
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- ¾ teaspoon oregano
- 1 (14.5 ounce) can of diced tomatoes
- 2 tablespoons low sodium tamari

Serve with:

- 6 organic corn tortillas

Optional per taco:

- 3 grape tomatoes, chopped
- ¼ avocado, sliced
- 1 teaspoon red onion, minced
- 1 teaspoon cilantro
- 2 lime slices
- *all-purpose vegan cheese sauce – see recipe



Tempeh Tacos

Instructions:

STEP 1:

Steam tempeh for 4 minutes to release bitter flavor. Once steamed let cool so you can crumble it with your hands (you can put it in the freezer for 5 minutes). Once you can handle the tempeh, crumble it into smaller pieces.

STEP 2:

In a large pan on medium-high heat, spray with avocado oil. Add onion, pepper and garlic and saute for 2 minutes.

STEP 3:

Add crumbled tempeh to the pan and cook for 7 minutes, stirring until lightly golden. Add splashes of water as needed to deglaze the pan.

STEP 4:

Stir in the spices and cook for 30 seconds. Then add the diced tomato and tamari, cooking for 5 minutes, stirring often.



All-Purpose Vegan Cheese Sauce

Ingredients:

Makes: 1 cup

Recipe inspired by: <https://ohsheglows.com/2017/11/08/all-purpose-vegan-cheese-sauce/>

- 1/4 cup raw cashews, soaked
- 1 1/4 cups peeled and diced yellow or red potatoes, diced finely
- 1/2 cup peeled and diced carrots, diced finely
- 3 to 4 tablespoons nutritional yeast, to taste
- 2 1/2-5 tablespoons water
- 1 1/2 teaspoons fresh lemon juice
- 1/2 teaspoon fine sea salt, or to taste
- 1 medium garlic clove, peeled
- 1/2 to 3/4 teaspoon white wine vinegar, to taste
- Sriracha or other hot sauce, to taste (optional)
- Serve with: Tortilla Chips or Veggie Chips

Instructions:

STEP 1:

Soak the cashews in a bowl of water overnight. Drain and rinse. (For a quick-soak method, bring a small pot of water to a boil and turn off the heat. Add the cashews to the hot water and soak for 30 to 60 minutes. Drain and rinse.)

STEP 2:

Add potatoes and carrots to a small pot and cover with water. Bring to a boil, then reduce heat to medium and simmer uncovered for 10 to 15 minutes, until fork tender. Drain. Alternatively, you can steam the veggies until cooked through.

STEP 3:

Add all ingredients except hot sauce to a high-speed blender and blend until smooth. (See my tip for a food processor option.) If the mixture is too thick, a splash of water or oil can help it along. Sample the sauce and adjust seasonings as desired. Add Sriracha (or other hot sauce) as preferred if you'd like to give the cheese a spicy kick! The sauce will keep for up to one week refrigerated in an airtight container.

TIP: If you don't have a high-speed blender, a heavy-duty food processor will work. Note that you may have to process the mixture for several minutes, keeping in mind that cashews won't fully break down like they do in a Vitamix, resulting in a slightly more textured sauce.



Edamame Guacamole

Ingredients:

Makes: 2 cups

- 1 cup shelled frozen edamame, thawed
- 1 ripe avocado, peeled and pitted
- ½ cup cilantro
- 3 garlic cloves
- ¼ red onion, roughly chopped
- ½ jalapeno, finely chopped
- juice of 2 limes
- 1/3 cup grape tomatoes, quartered
- 2-3 tablespoons water
- salt and pepper to taste

Instructions:

STEP 1:

Place edamame, avocado, cilantro, garlic, onion, jalapeno, lime juice and tomato in a food processor and pulse until combined. Add water to make it a creamy consistency and pulse until smooth.

STEP 2:

Season with salt and pepper to taste.

STEP 3:

Serve with chips or veggies. Can also be great added to a sandwich or toast.



No Cook Chocolate Pudding

Ingredients:

Makes: 6 servings

Inspired by: <https://www.thefullhelping.com/silken-tofu-chocolate-pudding>

- 16 ounces silken tofu
- 1 cup chopped dark or semi-sweet vegan chocolate
- 3 tablespoons cocoa powder
- 3 tablespoons maple syrup
- Pinch salt

Instructions:

STEP 1:

Melt the dark chocolate in a double boiler or by heating it for 30 seconds in the microwave, stirring, and continuing to heat for 15 seconds at a time until the chocolate is melted. Don't microwave for longer intervals, as the chocolate may burn and lose its silky, melted texture.

STEP 2:

Add the melted chocolate and all other ingredients to a high-speed blender. Blend till completely smooth. Pour the mixture into 4 or 6 ramekins. Refrigerate overnight to set the pudding. Enjoy!