

The Food Pharmacy



Choosing food over medicine...
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South Florida Vegan Fest 2016

Portobello Fajitas

2 Portobello Mushrooms, sliced
1/4 onion, sliced half moons
1/2 cup bell pepper strips
6 garlic cloves crushed
2 carrots, diced
1/2 zucchini, sliced half moons
1/4 cup frozen corn
Tamari & salt and pepper to taste
Italian herbs
Liquid smoke, to taste
Cabbage and/or sprouts
Vegetable broth, to sauté vegetables
Small tortillas

Sauté onions and carrots with vegetable broth and spices for about 3 minutes. Add Portobello and Tamari and sauté for 3 minutes. Add zucchini and cook for 2 minutes. Serve with tortillas, cabbage, and/or sprouts. Makes 3-4 servings

White Bean Chili

Two 15-ounce cans cannellini beans, drained
2 cups vegetable stock
1 celery stalk, diced
1 onion, diced
4 garlic cloves, minced
1 red bell pepper, seeded and diced
1 cup frozen corn
1 1/2 cups canned white hominy, drained
1/2 tsp ground cumin
1/2 tsp ground coriander
1 tsp chili powder

2 TBSP nutritional yeast flakes
1/4 cup diced tomatoes with green chiles
1/2 - 3/4 tsp sea salt
1/4 tsp black pepper
2 tsp lime juice
fresh cilantro to taste

Place one cup of the cannellini in a blender with 1 cup of vegetable stock and blend until smooth and creamy.

In a large pot, sauté the celery, onion, garlic, bell pepper, jalapeño, and 1/2 cup vegetable stock.

To the pot of vegetables, add the remaining 1/2 cup vegetable stock, the remaining half of beans, the creamy bean mixture, and the remaining ingredients except cilantro and lime juice.

Cook over medium heat for 10-15 minutes or until vegetables are tender and broth is creamy. Add cilantro and lime juice.

Source: [PlantPure Nation Cookbook](http://amzn.to/2cboNjs) <http://amzn.to/2cboNjs>

Tropical Fruit Salad

2 cups fresh pineapple, diced
2 1/2 cups fresh mango, diced
juice of 1 lime
zest of 1 lime
10 mint leaves, diced

Combine all the ingredients in a bowl and stir well.