

Roslyn Dudley, Vegan Cooking for the Soul

CABBAGE PEPPER SLAW

Category: Salad
Diet: Vegan
Cuisine: American
Yield: 4 Servings

Ingredients:

2 cups shredded green cabbage
¼ cup grated organic red bell pepper
¼ cup grated organic yellow bell pepper
¼ cup sliced yellow onion
3 tablespoons apple cider vinegar
Zest of one lemon
Sea salt and black pepper to taste
Braggs Liquid Aminos sprinkled to taste

Directions:

Mix the shredded green cabbage, grated red bell pepper, grated yellow bell pepper, and sliced yellow onion in a medium bowl.

Whisk the apple cider vinegar, zest of one lemon, sea salt and black pepper to taste, and Braggs Liquid Aminos sprinkled to taste in a small mixing bowl.

Pour this dressing over the Green cabbage mixture and toss to mix.

Let it marinate for a few hours before serving

BBQ TEMPEH

Category: Main Dish
Diet: Vegan
Cuisine: American
Yield: 4 Servings

Ingredients

1 package tempeh, cut into ¾"X 4" "sticks"
2 tablespoons avocado oil
1 medium onion; slivered
3 cloves of garlic; minced
Sea salt and black pepper to taste
Liquid smoke to taste
1 bottle of your favorite BBQ Sauce

PREPARATION

Preheat oven to 375 degrees F

Cut tempeh into $\frac{3}{4}$ "X 4" "sticks. Steam prepared tempeh for 10 minutes

Remove from pan and cool.

Rub tempeh with liquid smoke.

Marinate sticks in BBQ sauce at least 2 hours.

Heat avocado oil in large skillet over medium heat using a pan that can be baked in oven.

Add onion slices and minced garlic. Season with sea salt and black pepper to taste.

Sauté for 3 minutes, stirring occasionally

Add marinated tempeh to pan, reserving as much sauce as possible.

Stir and cook for 5 minutes; turning tempeh occasionally.

Add reserved BBQ sauce.

Place pan into preheated oven for 15 minutes or until golden brown.

Serve immediately.

Can be served over your favorite grain, adding more BBQ sauce to taste.