

# Tempeh & Shiitake Mushroom Stir-Fry



## Health Food Store Ingredients\*

- Coconut Oil
- Lightlife Garden Veggie Tempeh
- Shiitake Mushroom
- Asparagus
- Sprouted Red Lentils
- Sprouted Mung Beans
- Mixed Salad Greens
- San-J Tamari Sauce
- Simply Organic BBQ Spice
- Barlean's Flax Oil
- Annie's Woodstock Dressing
- \*Always Buy Organic*

Rinse and cube the tempeh. Add to a pan on medium heat with coconut oil. Fry and stir until browned.



Add Shiitake mushrooms and Asparagus and continue to fry until everything is browned, just a little.



Add water first, then 2 or 3 teaspoons of tamari sauce, and then add BBQ spice. Stir another minute & serve.

## Restore Health with Natural Living



### Book Contents

1. Pure Water
2. Synthetic Food
3. Organic Food
4. Health Food Stores
5. Healthy Eating
6. Supplements
7. Detoxification
8. Physical Exercise
9. Chi Exercise
10. Natural Medicine
11. Holistic Dentistry
12. Shopping List
13. Resources
14. Bibliography

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# Herb Tofu Bean & Broccoli Stir-Fry



## Health Food Store Ingredients\*

Coconut Oil  
 Firm, herbed Tofu  
 Westbrae Chili Beans  
 Broccoli  
 San-J Shoyu Sauce  
 Simply Organic Cumin  
 Salad Greens  
 Sprouted Lentils & Mung Beans  
 Tomato  
 Barlean's Flax Oil  
 Annie's Woodstock Dressing  
 \*Always Buy Organic



Heat pan on medium heat. Add coconut oil, and then add diced tofu. Brown the tofu on all sides, stirring occasionally. Once the tofu is almost browned...



Add the broccoli and fry for about a minute or so. Add more coconut oil if required to get the broccoli to brown (slightly). Then add the chili beans.



Add three to four teaspoons of the shoyu sauce and a few shakes of cumin. Stir constantly, then simmer on low heat for a couple of minutes. Make salad & enjoy!

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# Amy's Texas Veggie Burger with Sprouts



## Health Food Store Ingredients\*

- Coconut Oil
- Amy's Texas Veggie Burger
- Ezekiel Sesame Bread
- Earth Balance Buttery Spread
- Vegenaïse Grapeseed Oil Spread
- Tomato
- Alfalfa Sprouts
- \*Always Buy Organic*



Add a veggie patty to a little coconut oil in a medium heated frying pan. Flip the patty on a regular basis.



Toast the bread, and then spread on Earth Balance Buttery Spread and Vegenaïse spread.



Add sliced tomato, sprouts and the patty. Enjoy!

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3. Organic Food
4. Health Food Stores
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6. Supplements
7. Detoxification
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9. Chi Exercise
10. Natural Medicine
11. Holistic Dentistry
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# Kale Almond Butter Red Miso Soup



## Health Food Store Ingredients\*

Miso Master Red Miso Paste

Ginger

Burdock Root

Daikon Root

Kale

Broccoli

Almond Butter

Dulse Seaweed

Barlean's Flax Oil

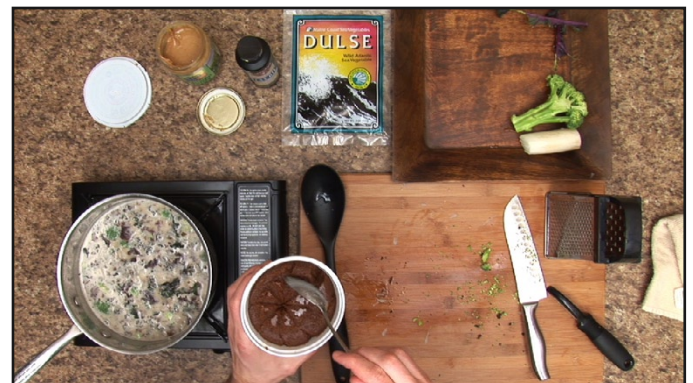
\*Always Buy Organic



Boil water. Grate the ginger and add to water. Peel and dice the burdock root and add to the water. Boil for at least 2 minutes before adding next ingredients.



Peel and grate the daikon root. Finely chop the kale. Chop the broccoli. Reduce the heat and add the almond butter. Stir in well. Add veggies. Use low heat.



Add dulse seaweed. Add miso paste. Use very low heat or turn off heat (**do not boil!**). *Completely* stir in the miso paste. Taste the soup; add miso paste to taste.

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3. Organic Food
4. Health Food Stores
5. Healthy Eating
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9. Chi Exercise
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# Chili Bean Ginger Barley Miso Soup



## Health Food Store Ingredients\*

Ginger  
Westbrea Chili Beans  
Kale  
Daikon Root  
Almond Butter  
Dulse Seaweed  
Miso Master Barley Miso Paste  
Barlean's Flax Oil  
*\*Always Buy Organic*



Boil water. Grate the ginger and add it to the water. Boil for at least 2 minutes before adding the next ingredients.



Peel and grate the daikon root. Finely chop the kale. Put the chili beans into the water. Bring to simmer. Stir in the almond butter. Then add kale and daikon.



Add dulse seaweed. Add miso paste. Use very low heat or turn off heat (**do not boil!**). *Completely* stir in the miso paste. Taste the soup; add miso paste to taste.

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1. Pure Water
2. Synthetic Food
3. Organic Food
4. Health Food Stores
5. Healthy Eating
6. Supplements
7. Detoxification
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9. Chi Exercise
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# Mashed Potatoes - Shiitake Mushroom Gravy



## Health Food Store Ingredients\*

Yukon Gold Potatoes  
 Real Salt Sea Salt  
 Pacific Soy Oatmeal Milk  
 Earth Balance Buttery Spread  
 Shiitake Mushroom  
 White Onion  
 Coconut Oil  
 San-J Shoyu Sauce  
 Olive Oil  
 Crushed Rosemary  
 Nutritional Yeast  
 Corn Starch  
 \*Always Buy Organic



Boil water. Peel and chop potatoes, then add to water. Boil until soft. Dice Shiitake mushroom. Dice onion. Mash the potatoes with oat milk and buttery spread.



Stir fry mushroom and onion in coconut oil. Once browned, add water saved from potatoes. Add a liberal amount of shoyu sauce along with nutritional yeast.



Add some olive oil, and then add **crushed** rosemary. Stir mixture and simmer. Taste. Add more ingredients as needed to taste. Thicken sauce with corn starch.

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3. Organic Food
4. Health Food Stores
5. Healthy Eating
6. Supplements
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8. Physical Exercise
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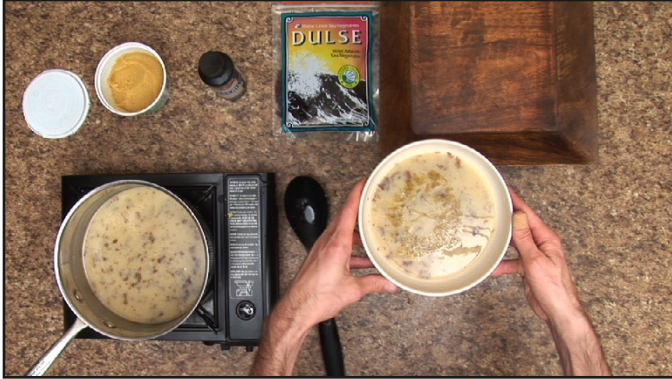
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# Ginger Chickpea Miso Soup



## Health Food Store Ingredients\*

Miso Master  
Chickpea Miso Paste  
Ginger  
Daikon Root  
Dulse Seaweed  
Barlean's Flax Oil  
*\*Always Buy Organic*



Bring 1/4 pot of water to a boil. Peel and grate the ginger, and then add to the water. Boil for 2 minutes.



Peel and grate the daikon root. Reduce the heat to a simmer. Add dulse seaweed to the soup. Add the daikon root to the soup. Turn the heat down to low.



Using several scoops, add the miso paste. Stir in the miso paste, which will take several minutes. Taste. Add more if there isn't enough flavor. Do not boil!

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1. Pure Water
2. Synthetic Food
3. Organic Food
4. Health Food Stores
5. Healthy Eating
6. Supplements
7. Detoxification
8. Physical Exercise
9. Chi Exercise
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11. Holistic Dentistry
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# BBQ Tempeh Corn Tortilla Buritto



## Health Food Store Ingredients\*

Coconut Oil  
 Lightlife 3 Grain Tempeh  
 Westbrea Chili Beans  
 Jalapeno Pepper  
 San-J Shoyu Sauce  
 Simply Organic BBQ Spice  
 Food for Life Corn Tortillas  
 Tomato • Daikon Root  
 Avocado • Sprouts  
 Barlean's Flax Oil  
 Annie's Woodstock Dressing  
 \*Always Buy Organic



Heat pan on medium heat. Add coconut oil. Cube tempeh, and add to pan. Stir the tempeh until golden brown. Dice jalapeño pepper. Open can of beans.

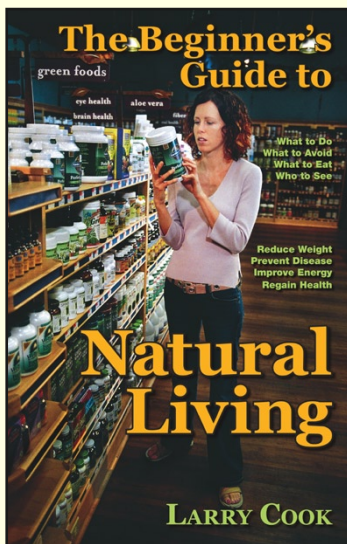


Add jalapeño to tempeh. Fry for a minute or so. Add 1/2 can of beans, including liquid. Add water. Add shoyu sauce. Add cumin. Stir. Cook for 1 or 2 mins.



Simmer on low. Peel and grate daikon root. Dice 1/2 tomato. Prepare avocado. Add tortillas to plate, add mixture, add veggies. Top with flax oil and dressing.

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### Book Contents

1. Pure Water
2. Synthetic Food
3. Organic Food
4. Health Food Stores
5. Healthy Eating
6. Supplements
7. Detoxification
8. Physical Exercise
9. Chi Exercise
10. Natural Medicine
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13. Resources
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# Refried Bean & Shiitake Mushroom Burrito



## Health Food Store Ingredients\*

Coconut Oil  
 Shiitake Mushroom  
 Red Onion  
 Jalapeno Pepper  
 Amy's Refried Beans-Black  
 San-J Shoyu Sauce  
 Simply Organic Cumin Spice  
 Food for Life Flour Tortillas  
 Tomato • Red Lentils  
 Avocado • Sprouts  
 Barlean's Flax Oil  
 Annie's Woodstock Dressing  
 \*Always Buy Organic



Heat pan on medium heat. Add coconut oil. Dice mushroom and onion. Add both to pan and stir for a few minutes until browned. Stir in jalapeno and fry.



Add 1/2 can of refried beans. Add shoyu sauce. Add cumin. Add a little water if mixture sticks to pan. Cook until hot. Dice tomato. Prepare avocado.



Heat tortilla in separate pan. Add mixture to heated tortilla. Add tomato, lentils, avocado and sprouts. Add flax oil and Woodstock dressing. Fold or eat open face.

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4. Health Food Stores
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6. Supplements
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