



Bodhi Seed Yoga
81 Macomb Place
Mount Clemens, MI 48043
586.469.YOGA (9642)

info@bodhiseedyoga.com
www.bodhiseedyoga.com

Sloppy Joes

2 Tbsp olive oil
1 small-medium onion, chopped
2 cloves garlic, minced
1 - 14 oz. package tofu or tempeh
2 Tbsp soy sauce
1 - 8 oz. can tomato sauce
1 Tbsp chili powder
1/2 tsp cumin powder

Sauté first four ingredients (oil, onion, pepper, garlic) until tender. Crumble tofu/tempeh with your hands so texture will be like ground hamburger, not too small. Add tofu/tempeh and soy sauce to pan. Cook until it starts to brown slightly. Add tomato sauce, chili powder, and cumin powder. Stir and let cook down until sauce is consistency of regular sloppy joes. Serve on toasted 100% whole wheat burger buns.

Asian Coleslaw

2-1/2 cups shredded green cabbage
1 cup grated daikon radish (optional)
1/2 cup grated carrot
1 large scallion, minced or 2 green onions, chopped
2 Tbsp fresh cilantro, chopped
1/8 tsp ginger powder
2 Tbsp lime juice
1 Tbsp rice vinegar
1 Tbsp sesame oil
1 Tbsp tamari soy sauce
1 tsp organic sugar or a natural sweetener
Sea salt and freshly ground black pepper

In a large bowl, combine the cabbage, daikon, carrot, scallion, and cilantro. Set aside. In a small bowl, combine the ginger, lime juice, rice vinegar, sesame oil, tamari, sugar. Salt and pepper to taste. Stir until well blended. Pour the dressing over the vegetables and toss gently to coat. Taste and adjust seasoning. Refrigerate covered until ready to serve.

Recipes from Shirley Cook