



## **"Chicken" Rice Soup**

### **Combine in a medium bowl:**

1 block (14-16 oz) tofu, crumbled extra firm or firm  
2 Tbsp. yeast flakes  
1 tsp. chili powder  
1/2 tsp. garlic powder  
1 Tbsp. Braggs liquid aminos or soy sauce  
1 Tbsp. olive oil  
1/4 tsp. liquid smoke

**Mix well and spread on a nonstick baking sheet. Bake at 350 degrees for 30 minutes, stirring once.**

### **Meanwhile, sauté:**

1 medium onion, diced  
1 bell pepper (any color), diced  
1 carrot, diced  
2 medium cloves garlic, chopped  
2 Tbsp. oil

### **When vegetables are tender, add the following:**

3 cups water  
1 quart canned tomatoes  
2+ cups cooked rice  
Tofu mixture from above  
1 tsp. salt  
1 tsp. cumin  
1 tsp. coriander  
1 tsp. paprika  
1/4 tsp. dried oregano  
1/2 tsp. chili powder  
2 Tbsp. McKay's chicken seasoning

### **Heat through. Serve hot, topped with your choice of garnishes:**

Fresh cilantro, chopped  
Vegan sour cream  
Tortilla chips  
Chopped fresh avocado

## TACO SALAD

### **Mix together:**

- 1 head leaf lettuce, torn in bite sized pieces
- 1 cup cooked kidney beans (pinto beans work well, too)
- 1 medium onion, sliced very thinly
- 1 can black olives, sliced
- 2 medium tomatoes, chopped
- 1 avocado, chopped (optional but VERY good)

### **Toss well. Then add:**

- 3-4 cups crushed corn chips, adjust amount to your liking
- 1/4 cup taco seasoning

### **Mix separately for dressing:**

- 1/4 cup oil
- 1/4 cup lemon juice
- 3 Tbsp. sugar
- 1/2 tsp. salt
- 3/4 tsp. paprika

**Pour over salad. Mix and serve immediately.**

**Dessert: For dessert, I served So Delicious brand ice cream sandwiches.**

