

SOUL GOOD BOWL

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This is a healthier twist on a classic

PREP TIME

Prep | 20 minutes
Cook | 30 minutes



The Gritz

1/3 cup White minute Rice or instant grits

1 cup almond milk

3 tbsp nutritional yeast

1/2 tsp dried Parsley

1 tsp garlic powder

1/2 tsp onion powder

Sea salt (to taste)

1/4 tsp monk Fruit Sweetener or your favorite sweetener (optional)

1 tsp Vegan butter (optional)

In a blender add 1/3 cup dry white minute rice and pulse until rice grains are a fine sand like texture.

In a small sauce pot add 2/3 cup almond milk, 1/2 tsp sweetener, a dash of sea salt(to taste), 1 tsp garlic powder, 1/2 tsp onion powder, 1/2 tsp dried parsley, and 1 tsp vegan butter* (optional) and bring to a simmer over medium heat.

Stir in rice slowly and cover pot to simmer over low heat for recommended cook time.

(Check your rice packaging fore cook time. Rice “gritz” should be smooth and not as grainy as corn grits.)

*If needed add an additional 1-2 tbsp almond milk and additional seasoning.

Finally, add 3 tbsp nutritional yeast or favorite vegan cheese shreds and combine until creamy and season to taste.



The Greenz

1-2 cups fresh kale

3 tbsp Red onion

1 1/2 tbsp balsamic vinegar

1 tsp minced Garlic

1 tbsp agave nectar

2-3 tbsp water

In a medium skillet add 3-4 tbsp water, mined garlic, sliced red onion, and sea salt.

Bring skillet to a low boil then add chopped kale and season with garlic & onion powder and additional sea salt to taste.

Let kale wilt down until bright green then add 1-2 tsp balsamic vinegar or apple cider vinegar and remove from heat.

(To get your kale tender, simmer over low heat. It should take about 3-4 minutes and you can cover skillet with a lid to trap the steam.)

Lastly, drizzle with agave.

Continued...

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The Goodz

5 -6 oz Oyster mushrooms (portobello or trumpet mushrooms works as well)
1 1/2 cup All purpose flour or chickpea flour
1/3 cup Panko bread crumbs
1 tbsp liquid aminos
Spray oil or grape seed oil
1 tsp celery seed
Favorite seasoning



Add ½ cup almond milk and 2 tbsp apple cider vinegar, 3-4 drops liquid aminos or soy sauce in a bowl.

Gently wipe mushrooms with a damp paper towel and break apart its medium size clusters if using oyster mushrooms.

For portobello mushroom slice them 1.5 inch thick at a diagonal to create “cutlet” shaped pieces. For king trumpet mushrooms gently pull apart into ½ inch piece. They will need to be grouped together during the breading stage.

Add mushrooms to buttermilk mixture and coat completely. Let mushrooms marinate for a minimum of 5 minutes to tenderize and flavor the mushrooms.

In another larger bowl add 1 ½ cup flour, ¼ cup bread crumbs, 1 tbsp garlic powder, 1 tbsp liquid amino, ½ tsp celery seed, a dash of sea salt, and your preferred low sodium seasoning. Combine well and sit aside.

First take a cluster of mushrooms from wet mixture and add to the bowl of dry ingredients. Shake bowl or spoon breading all over the mushrooms.
(Shake cluster gentle press cluster of trumpet together to form a tender like shape)

Add breaded mushroom back to wet mixture and then to the bread crumbs then place aside on parchment paper.
(The breading will adhere better if you chill breaded mushrooms in the refrigerator for 5-10 minutes, but this is not necessary.)

Lightly spray the basket of your airfryer or a piece of aluminum foil for easy clean up.

Place breaded mushrooms in air fryer 1 inch apart then lightly spray mushrooms from about 6 inches away.

Set air fryer to 400 degrees and cook for about 15 minutes

(Be sure to gently shake the basket at the 7-minute mark. Cook times may vary so be sure to monitor and flip mushrooms when they top side becomes lightly brown.)

Once to desired brown and crisp, remove from air fryer and season with additional seasoning if desired.

In a deep bowl place cheddar “gritz”, braised greenz, and lastly the crispy flavorful goodz. Top with a dash of cayenne pepper and green onions.