

# Dinner & A Book Recipes

## Episode #1404 – The Alchemist

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### Mock Taco Meat Ingredients:

#### **Nuts or Seeds:**

- 1 Cup Almonds
- ½ Cup Walnuts

#### **Vegetables:**

- 1 Cup Carrots
- 1 ½ Cups soaked Sun-dried tomatoes
- 1 Cup of soaking water from sun dried tomatoes
- Optional 1- 2 green onions including stems

#### **Oils:**

- 1 Tablespoon olive oil

#### **Vinegar**

- 1 Tablespoon apple cider vinegar
- 2 teaspoons Coconut Amino Acid in place of ¼ cup Tamari (it is soy which we do not use because the soy is most likely GMO - Genetically Modified Organism)

#### **Seasonings:**

- 1 Clove garlic
- 2 - 4 Tablespoons fresh oregano (dry oregano is okay too)
- 1 Teaspoon chili
- 2 Tablespoons Cumin
- 1-2 Pinches (or to taste) Cayenne pepper

#### **Sweeteners:**

- 1 Tablespoon Agave Nectar or your sweetener of choice.

#### **Process:**

In a food processor grind nuts together, nuts should have the consistency of ground meat. Scoop out and set aside.

Combine vegetables, oils, seasonings and sweetener together in the food processor. The consistency should be smooth with some texture. By hand in a mixing bowl completely combine the nuts and vegetable mixture together.

Eat with raw crackers or place on Romaine lettuce leaves and make a wrap. Bon Appetite!!!!