

## **Life More Abundant Cooking Class**

### **Sloppy Joes**

- 1 tablespoon extra-virgin olive oil
- 1 package Give Me Lean Ground Beef
- 1/4 cup agave nectar
- 2 teaspoons steak seasoning blend, such as McCormick brand Montreal Seasoning
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 small red bell pepper, chopped
- 1 tablespoon Worcestershire sauce
- 2 cups tomato sauce
- 2 tablespoons tomato paste
- 4 crusty rolls, split, toasted, and lightly buttered

Heat a large skillet over medium high heat. Add oil and beef to the pan. Spread the beef around the pan and begin to break it up. Combine agave and steak seasoning. Add mixture to the skillet and combine. When the meat has browned, add onion, garlic, and red pepper to the skillet. Reduce heat to medium and add Worcestershire sauce, tomato sauce and paste to pan. Continue cooking mixture for 5 minutes longer. Using a large spoon or ice cream scoop, pile sloppy meat onto toasted bun bottoms and cover with bun tops. Serve with cole slaw, potato sauce, or vegetable pasta salad.

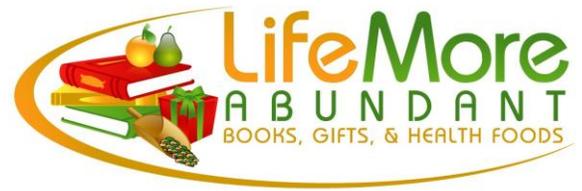
### **Soy Whipped Cream**

- 3/4 cup soy milk
- 2 tablespoons honey or agave nectar
- 1/4-1/2 teaspoon vanilla
- Pinch of salt (optional)
- 3/4 cup canola oil
- 1/4 teaspoon fresh lemon juice

Blend first four ingredients on high for 5-10 seconds. Slowly dribble in oil, blending for an additional full minute after all the oil has been added. Stop blender and fold in lemon juice. Put into covered container and chill.

### **Tofu Salad**

- 1 tablespoon sweet chili sauce
- 1/2 teaspoon grated fresh ginger root
- 2 cloves garlic, crushed
- 1 tablespoon Bragg's liquid aminos



- 1 tablespoon sesame oil
- 1/2 (16 ounce) package extra-firm tofu, drained and diced
- 1 cup snow peas, trimmed
- 2 small carrots, grated
- 1 cup finely shredded red cabbage
- 2 tablespoons chopped peanuts

In a large bowl, mix the chili sauce, ginger, garlic, Bragg's liquid aminos, and sesame oil. Place tofu in the mixture, and marinate 1 hour in the refrigerator. Bring a pot of water to a boil. Immerse the snow peas in the boiling water for 1 to 2 minutes, then immerse in a bowl of cold water. Drain, and set aside. Toss the peas, carrots, cabbage, and peanuts with the tofu and marinade to serve.

### **Tofu Cottage Cheese Salad**

- 1 lb. firm or extra firm tofu
- 2 tablespoons soy mayonnaise
- 1/2 stalk celery, chopped
- 1/2 red or orange pepper, chopped
- 3 scallions, chopped
- 1 carrot, grated
- 3 tablespoons parsley, chopped
- Spike

Drain, rinse, and crumble tofu and place in a bowl. Add remaining ingredients and mix well. Season to taste, using Spike. Enjoy on bread or crackers.