

Vegan “Chicken” Cacciatore

Recipe and benefits of the ingredients

Health Ministries/Health Evangelism Live Cooking Demo March 18, 2025



March 18, 2025 at 7:00 pm, CT

List of Ingredients

Tofu

Portabello Mushrooms

Olive oil

Tomatoes

Garlic

Spinach

Basil

Nutritional Yeast Flakes

Liquid Amino

Red Onion

Green Onion

Red Bell Pepper

“ Chicken” Base Options

Tofu or Portabella Mushrooms

- Some Benefits of **Tofu**:
 - Excellent protein source
 - Rich in isoflavones-which help lower blood pressure and offer other heart protective benefits
 - Is a complete protein has all 9 amino acids
 - Contains calcium and magnesium; which helps maintains strong bones



“ Chicken” Base Options

Tofu or Portabello Mushrooms

- Some Benefits of **Portabello Mushrooms**:
 - Rich in B vitamins
 - Contains selenium; an antioxidant that aids in immune function
 - High in potassium, low in fat
 - Good source of fiber good for digestive health



Olive Oil



- Some Benefits of Olive Oil:
 - Rich in healthy monounsaturated fats
 - Rich in antioxidants that are helpful for your cardiovascular and CNS systems.
 - Has strong anti-inflammatory properties.

Tomatoes

- Some benefits of Tomatoes:
 - Rich in vitamins A, C, K
 - Excellent source of Lycopene which aids with eye health
 - Good source of fiber that helps with digestive health
 - Helps boost immune system
 - Some studies are beginning to show tomatoes may help with mood and stress reduction.



Garlic



- Some Benefits of Garlic:
 - Good source of several nutrients: Vitamin B6, Vitamin C, Selenium, fiber
 - Helps boost immune system
 - Helps with cardiovascular health
 - Improves cholesterol levels

Spinach

- Some benefits of Spinach:
 - Rich in vitamins A, C, K; folate
 - Improves bone health, aids with osteoporosis.
 - Aids in brain function as spinach contains choline which helps with cognitive function and memory.
 - Has antioxidants which help in inflammation
 - Low in calories and high in fiber.



Basil

- Some Benefits of Basil:
 - Good source of antioxidants
 - Improves digestion due to its essential oils
 - Good source of vitamin C which is needed for healthy immune system
 - Contains flavonoids which have been linked to better cognitive function.



Nutritional Yeast Flakes

- Some benefits of Nutritional Yeast Flakes:
 - Complete protein providing all 9 essential amino acids
 - Has great fiber content.
 - Rich in anti-oxidants
 - May help with reduction of cholesterol and lowers heart disease.



Red and Green Onion

- Some Benefits of Red and Green Onions:
 - Boosting immunity due to their vitamin C content
 - Aids digestion with their fiber content
 - Great source of antioxidants



Red Bell Pepper

- Some benefits of Bell Peppers:
 - Excellent source of vitamin A and lutein.
 - High in vitamin C that helps the immune system
 - Provides Vitamin K which is good for bone health
 - Low in sodium and contain potassium which helps regulate blood pressure
 - Rich in anti-oxidants

