



Soul2Soul Educare presents

## Vegan Cooking Class

Sat Oct 14<sup>th</sup> 3:00 - 5:00 pm

At Loving Hut Restaurant

6385 Spalding Drive, Suite E, Norcross, GA. 30092

Cost: \$12 a class:

includes Instruction, Tasting, Handout & Health Seminar by a Certified Nutritional Therapist

Bring a friend and get a discount!

**Sign up now! Pre-Registration Required:**

Go to:



[http://soul2souleducare.org/s-vegan\\_cooking\\_classes.html](http://soul2souleducare.org/s-vegan_cooking_classes.html)

and click on the "pay now" button to reserve your spot

**"Early Registrants will receive a special 20% discount coupon from Loving Hut"**

Questions? - Call 404-907-3727/e-mail [info@soul2soul.educa.re.org](mailto:info@soul2soul.educa.re.org)

### This Class: **"Oodles of Noodles"**

Noodles are like comfort food to many. At this class come learn how to make 2 very easy noodle dishes that will wow your tastebuds and satisfy your carb cravings. Enjoy them as a quick snack or a fancy entrée. Both dishes are super fast and easy to make. We will use seitan and konjac to enhance the dishes with protein requirements making them both healthy and yummy. In fact with flu season coming, Tom Yum soup is an excellent cure for a cold – a substitute for traditional chicken noodle soup. Plus as always a mini health seminar to help you on your healthful journey to complete wellness!

*Here are the dishes you will learn to prepare:*

1. **"Beef-Less Stroganoff"**

Chunks of tender seasoned seitan soy protein and spinach stewed in a creamy vegan sauce served over a bed of fettuccine rice noodles

2. **"Tom Yum Veggie Shrimp Noodle Soup" (an alternative to chicken soup for colds)**

A Thai aromatic noodle soup bursting with the flavors of tom yum spice with floating chunks of vegan shrimp (konjac) in a sumptuous cilantro, scallion, ginger and garlic broth



**After the class, you will get to sample the dishes prepared**

- Raise Your Consciousness - Be healthy! Eat Vegetarian!