

MARIANA TAMIOZZY

VEGAN CHEF

Winter menu

Dishes:

Baked beans with turmeric
Chickpea coconut curry
Mexican black bean and quinoa chilli
Spicy Indian dahl
Green bean and potato curry
Lentil Shepherd's Pie
Ratatouille
Vegan Moussaka
Jambalaia

Sides:

Jasmine rice or brown rice
Cauliflower rice
Broccoli rice

Soups:

Vegan chicken soup
Asparagus cream
Minestrone
Black bean soup
Cream of mushroom
Caldo verde (potato soup with collard greens, vegan sausage and vegan bacon)

Sweets:

Pumpkin pie
Cherry pie
Brigadeiro (chocolate balls)
Avocado chocolate mousse

Mariana Tamiozzy
Vegan chef
www.marianatamiozzy.com
+1 (305) 794-8225
@marianatamiozzy