

# FEEDING THE SOUL

*(because it's my business)*



TABITHA BROWN

FINDING  
OUR WAY  
TO JOY,  
LOVE, AND  
FREEDOM



WILLIAM MORROW

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## VEGAN TUNA SALAD (UN-TUNA) WRAP

My mama used to make the best tuna salad. Ooh, it was so good. She used to make that tuna salad, honey, and put them crackers on the side—we were eating good! You couldn't tell us we weren't having a five-course meal. So when I make un-tuna salad, I think of Moma.

*Canned chickpeas (garbanzo beans)*

*Chopped purple (red) onion*

*Vegan mayo*

*Yellow mustard*

*Sweet relish*

*A little bit of garlic powder*

*Dill (fresh or dried, that's your business)*

*Furikake*

*Salt*

*Fresh lemon juice*

*Black salt (optional, not for a salt taste but to give the un-tuna an egglike flavor)*

*Tomato or spinach wrap, or lettuce wrap, or crackers*

*Mixed greens*

*Tomatoes*

*Chopped white onion*

Drain your chickpeas, put them in a bowl, and use a fork or potato masher to get that tuna-ish consistency.

Then add your onion.

Put the mixture in a blender and pulse to lightly mix. (Make sure it's blended well—no huge chunks—but don't be heavy-handed like I can be sometimes.)

Return the mixture to your bowl.

Throw some relish in there.

Then the mayo.

Just a little mustard (*unless you like it, then that's your business*).

Add the dill, garlic powder, and furikake.

A little salt.



A squirt of lemon.

Finally, if you have it, add just a little bit of your black salt.

Now just stir it up. Make sure you get everything evenly distributed, okay?

Eat it with crackers or in your wrap like I do, with all the extra fixins.

Get into it, honey. I promise you it's not tuna. Just a little something better.



## VEGAN PULLED PORK

I'm from the South, honey. Barbecue sandwiches with coleslaw are a staple. So this is literally like a hometown favorite. I had to figure this one out. It just reminds me of home.

*Oyster mushrooms, pulled  
apart but not cut (the texture  
is perfect for this recipe,  
honey)*

*Cilantro*

*A bit of chopped red onion*

*Orange bell pepper (diced or  
strips, that's your business)*

*Apple cider vinegar (How much,  
Tab? Honey, what does your  
spirit say? Okay, do that.)*

*Garlic powder*

*Just a dash of Liquid Smoke*

*Vegan maple bacon seasoning  
blend*

*Fresh lemon juice*

*Barbecue sauce (I prefer*

*Stubb's Smokey Brown Sugar  
BBQ Sauce, but use what  
you got, honey. That's your  
business.)*

*For serving*

*Buns*

*Coleslaw*

*Avocado*

Grab your pan and add the mushrooms, cilantro, red onion, bell pepper, vinegar, garlic powder, Liquid Smoke, and seasoning blend.

Sauté on medium for about 5 minutes or so.

Then add a squeeze of lemon juice.

See how it starts to brown?

That's when you add your barbecue sauce.

Scoop a bit out and add the mixture to your bun.

Throw some coleslaw and sliced avocado on the side, if you so choose.

Baby, you finna eat so good.



## VEGAN CARNE ASADA JACKFRUIT TACOS

What do you know about Jack? Jackfruit, that is. Mexican food is one of my favorites. When I went vegan, I didn't want to miss out on it. Then I discovered jackfruit and have been rocking with Jack ever since. When I have that craving for Mexican food, jackfruit is my go-to.

*A can of jackfruit in water or  
brine, drained and rinsed off  
really good*

*Carne asada seasoning*

*A little lemon pepper*

*Garlic powder*

*Fresh lemon juice*

*Tortillas (hard or soft, that's  
your business)*

*Your favorite taco toppings*

*Mango de gallo*

*1 mango*

*Fresh cilantro*

*Purple (red) onion*

*Red bell pepper*

*Fresh lemon and lime juice*

*Sea salt*

*Garlic powder*

*Diced jalapeño*

Put the jackfruit in the pan and make sure the pieces are broken down real good.

Season the jackfruit with carne asada seasoning, lemon pepper, garlic powder, and lemon juice. (*Y'all gonna stop worrying me about these measurements, ya hear?*)

Sauté the jackfruit for about 10 minutes on medium. Cook it all the way down until it starts getting brown.

Scoop the jack into your tortillas.

Add your favorite toppings.

Oh, but wait . . . what's a taco without a good ol' pico de gallo?



How about mango de gallo? Let's make some.

Grab your mango, peel it, toss the pit, and chop it up.

Put it in your bowl, then add the cilantro, onion, and bell pepper to your bowl.

Add a little lemon juice and lime juice.

Add a sprinkle of sea salt and a dab of garlic powder, just a little bit.

And if you like a little spice in your life, drop some jalapeño in there—that's your business.

Stir and serve.

*¡Oh Dios, te damos gracias!*





## VEGAN SKIRT STEAK

I haven't had a steak or red meat in over twenty-five years, so I came up with this recipe because many of those who follow me on social media requested. Also, my sister loves steak, but I know that steak doesn't love us—not my family's blood type. So I figured if I can make this and she liked it, maybe she'll stop eating steak. Honey, she's still eating it, but that's her business.

*Portobello mushrooms (a little  
or a lot, because that's your  
business)*

*Coconut aminos*

*Garlic powder*

*A little onion powder*

*A splash of white vinegar*

*A little black pepper*

*Melted vegan butter*

*(Now, I told you not to ask  
me how much. Cook by the  
spirit, baby.)*

Slice the mushrooms up into thin rounds and put them in a bowl. Mix up your spices and then add your slices. (*See! Tab got bars!*) Mix in the butter. Dip the mushrooms in for a little bit, or you can let them marinate, whichever is just fine.

Place your mushroom slices in a cast-iron skillet—let that marinade drip off just a little first—and sear on medium heat.

After a few minutes, flip them over.

Oh, God, do you see that?

Warm up the marinade and pour whatever you got left on those mushrooms.

Add your favorite sides, like green beans or some mashed potatoes.

Lord, have mercy.



## PICO DE GALLO-STUFFED AVOCADOS

I love avocado. I love pico de gallo. If you put them together, it's really guacamole, but honey, when I'm trying to act fancy, I just stuff the pico in the avocado and it's equally delicious. This is also a wonderful breakfast option, especially when you're trying to eat healthier and need something quick.

*A ripe avocado*

*Pico de gallo*

*Fresh lime juice*

*Roasted garlic vegan parmesan*

Start with a ripe avocado. Cut it in half and remove the pit.

Get some pico de gallo and stuff it into your avocado.

*(Try my mango de gallo! Just flip to page 68.)*

Get you a little lime juice and squirt some on top.

Sprinkle some roasted garlic vegan parmesan on top.

See how easy that is? Baby, you are ready to eat.



## VEGAN TUNA MELT

When I was younger, me and my cousin used to go to the club, honey. Afterward, we would go to Waffle House, and I always got a tuna melt. They were so good! So when I have that urge for my vegan tuna melt, the thought that comes to my spirit is all the fun we had, laughing and recapping our night of dancing.

*A can of hearts of palm  
Dill (fresh or dried)  
Any onion and herb seasoning  
Old Bay seasoning  
Smoked paprika  
Garlic powder  
Black pepper  
Roasted seaweed (nori), in  
large or small sheets  
Vegenaise (vegan mayo)*

*Sweet relish  
Dijon mustard  
Purple (red) onion, minced  
Whole wheat or sprouted  
bread (I love Dave's Killer  
Bread)  
Vegan butter  
Vegan cheese  
A pickle, if you like*

Put the hearts of palm in your food processor. Pulse it just enough so it has that tuna-ish consistency. Make sure you don't overprocess it.

Add the chopped hearts of palm to your pan.

Then, a little dill.

Some onion and herb seasoning.

A little Old Bay.

Some smoked paprika.

A little garlic powder, or a whole lot, because that's your business.

A little black pepper.

Crumble a little roasted seaweed into the pan.



*Look at you not needing measurements and things. Cooking by the spirit is the only way, honey.*

Mix everything together and sauté on medium to high heat until the mixture turns a light brown. Remove it from the stove and set it aside to cool for a little bit.

In a bowl, mix up some vegan mayo, a little sweet relish, a dab of mustard, and a little onion.

Grab your bread and add just a little vegan butter to both sides.

Lay your cheese on the bread, spread your heart of palm mixture on top, and cover it with another slice of bread.

Grill it on medium heat, and if it takes too long to brown, gently increase the heat.

Flip it and grill the other side.

Place it on your plate, with a pickle, if you like, because that's your business.

Ooh, God, we thank you. Enjoy!



## VEGAN FRIED PEACHES AND BISCUITS

This recipe makes me think of my granny. On Sunday mornings, she would make fried apples and biscuits. But at certain times of the year, when peaches were in season, we would get a big box of them so she could preserve them. Of course, she let me eat them as we went. She never fried her peaches, though. Her thing was apples or pears. But one day I was thinking about her and thought, *You know what? I'm going to fry me some peaches and put them in some biscuits.* And baby, ooh, it worked out.

Peaches (a little or a lot, peeled  
or not, because that's  
your business), pitted and  
chopped  
Oil  
Seasonings of your choice

Fresh lemon juice  
Maple syrup  
Canned vegan biscuits  
Ground cinnamon  
Vegan butter

Put a little bit of oil in a large skillet and turn the fire on medium.

Add your peaches.

Add your seasonings. (*I like Chef Carmen-Atlanta's Igotchu Peach Cobbler Seasoning. It has nutmeg and cinnamon already mixed perfectly. But you use what you have, okay?*)

Don't it smell good already? Ooh, God.

As the peaches are cooking, add a little fresh lemon juice.

Then a little bit of maple syrup.

When the peaches start browning, that's when you'll know they're pretty much done.

Cover them.

Turn the heat off and let them rest so they can be really soft.



Now, if baking is your ministry, go on ahead and make some biscuits from scratch. That said, I usually use canned vegan biscuits as a quick-and-easy alternative. (That's my business. Don't judge me.)

If you are moved to do so, sprinkle a little cinnamon on top of the biscuits before you pop them in the oven.

While the peaches and the biscuits are cooking, put some vegan butter in a little saucepan and add some cinnamon and more maple syrup.

Put it on low heat.

Stir.

Keep stirring.

This is what you're going to sprinkle on top of the biscuits when you take them out of the oven. If you want, you can add a little bit of lemon juice to the sauce as well.

Finally, stuff each biscuit with peaches, then take the butter and maple sauce and pour it all on top. Saturate it. Make sure you have a towel or napkin on hand for the sauce or your drool, whichever one.

Lord, have mercy. Can you get into it? I promise you, you will not be disappointed. Honey, this is breakfast, dessert, or a snack. Whenever you want to eat it, you can, because that's your business.



## SMOOTHIE BOWL

Smoothie bowls have been my favorite thing since moving to California. It was never something we had growing up down South. When I discovered them—my first was an açai bowl—I was like, “Oh, I don’t know how to make an açai bowl, but I know how to make a smoothie and put the same toppings on top.” It’s such a fun little treat you can eat somewhere outside or even just a different place in your house. It just makes you feel like you’re somewhere, even though you ain’t.

Let’s make a smoothie bowl, alright?

*Almond milk*

*A banana*

*Some frozen blueberries,  
strawberries, peaches, and  
mango, oh my! (sometimes  
they come in a blend)*

*Shredded coconut*

*Ground flaxseed*

*Fresh strawberries*

*Chopped pecans*

*Maple syrup*

Put the almond milk, banana, and frozen fruit in your blender and let it do its thing.

Pour your berry mix into a bowl.

Add some shredded coconut.

Then a bit of ground flaxseed, because that’s our business.

Add some fresh-cut strawberries.

Some chopped pecans.

A little more coconut, if that’s what you like.

Add some pure maple syrup on top.

*My God, my God, do you see what you’ve done?*

Now, this is the part of the recipe that might be a little



different than you're used to. You must take the smoothie bowl, hold it tight in your hands, and . . .

. . . go eat it outside.

*Yes, you read that right.*

*Yes, that's part of the recipe.*

Go on outside, if you can.

Or head over to the cutest place in your house, honey.

Laugh a little bit.

Have a little sassy attitude about yourself.

Don't you feel good?





## LOBSTER MUSHROOM PASTA

Nobody misses lobster like I miss lobster. When I discovered lobster mushrooms, my life felt like I had got saved, okay? Like born again. It's mind-blowing how lobster mushrooms literally look and taste like lobster. If you can't get your hands on them—because they are seasonal and hard to find—you can opt for oyster mushrooms and season them the same way. Just know the texture and color won't be as close to lobster as the lobster mushrooms.

*Vegetable broth*

*Lobster mushrooms, chopped*

*A little bit of chopped white  
onion (but make sure it's  
chopped fine)*

*Some diced tomatoes (fresh  
or canned, that's your  
business)*

*A salt-free multi-spice  
seasoning blend*

*A little bit of garlic powder, or  
chopped fresh garlic if you  
have some*

*Angel hair pasta (or whatever  
pasta you want to, because  
that's your business)*

*Salt, for the pasta*

*A little bit of virgin olive oil*

*A bit of vegan butter*

*A little bit of chopped kale*

*Vegan parmesan*

Grab a bowl and add your broth, lobster mushrooms, and onion. Stir it a bit.

Add your tomatoes, garlic powder, and spice blend.

Pour everything into a pan and let it cook on medium heat for a bit. (*A bit is however long your spirit tells you to cook it.*)

When it comes to a gentle boil, let it do what it do for a pair of minutes or so.

Meanwhile, boil your noodles separately in water with



a sprinkle of salt and a dab of olive oil. You can also add garlic powder to the water, if garlic is your thing.

Once it boils, add some vegan butter to give the drained noodles more flavor.

Now grab your kale and add it to the lobster mushrooms that have been simmering. Stir your kale right on in, along with more of your spice blend, and let it cook down for 5 to 7 minutes or so.

Now drain your noodles and add them to your lobster mushroom pan.

Add a little vegan parmesan on top, and there you go. Ain't it good?



## VEGAN FISH STICKS

Remember when we were kids and fish sticks were everything? Not only do fish sticks take me back to my childhood, they're also one of my husband's favorite things. When I figured out I could use hearts of palm to make a vegan fish stick, baby, the inner child in me said, "Oh, God, we thank you." Let's make some.

*A little bit of fish fry (seafood  
breading mix)*

*Some chickpea (garbanzo  
bean) flour (although any  
flour will do)*

*Old Bay seasoning*

*Dill (fresh or dried)*

*A multi-spice seasoning blend  
(McCormick makes a salt-free  
one I really love, with garlic,  
onion, paprika, black pepper,  
celery, and turmeric powder)*

*A little furikake (it's what's  
going to give you that fish  
flavor)*

*Some nondairy milk (Tab loves  
unsweetened cashew milk)*

*A can of hearts of palm (get the  
whole kind or the ones sliced  
lengthwise; try to avoid the  
salad-cut version)*

*Grapeseed oil, for frying*

### *Tartar sauce*

*Vegan mayo*

*Dill (a little or a lot, fresh or  
not—that's your business)*

*Garlic powder*

*Sweet relish*

*Chile paste*

We're going to make two mixtures, one wet and one dry.

To create your dry mixture, in a bowl, add 1½ cups fish fry, 1½ cups chickpea flour, Old Bay, a sprinkle of dill, the seasoning blend, and the furikake.

To create your wet mixture, put half the dry mix in a separate bowl. Add the milk—enough to make it thick but



not lumpy. If it's too thin, use a little extra—and stir until the batter is smooth.

Pour some oil into a frying pan—enough that it'll mostly cover the hearts of palm once you've added them. And be sure the pan is tall enough that the oil can't escape! Heat the oil to 400°F.

Now, usually hearts of palm come in thick, long pieces. We're going to rinse those off and dip them directly into the wet mix. Keep your dry mix close by, because you'll need it soon. Roll the hearts of palm around really good in the wet mix so they are completely coated.

Then dip your hearts of palm in your dry mix, okay?

If you want to do a double coat—wet and dry again—go right ahead. That's your business. But you don't have to.

Once the hearts of palm are completely coated, drop them into the hot oil to fry, and if they aren't covered in the oil, turn them as they cook until all sides are golden brown. (Turn gently so as not to disturb the delicious crust.) When you take them out, put them on a paper towel and let them drain a little bit.

This is a comfort food, okay? Fried fish sticks. Thank you, God!

Oh, wait a minute! I can't forget the tartar sauce. Grab you some vegan mayo, some dill, and some garlic powder. Mix that together and then add some sweet relish and, if you like some kick, a little chile paste. Mix it together, and now you have your tartar.

