



Eat More Tea: *RECIPE IDEAS* to get you started!

And these are just that—*ideas!* Ideas that we threw together in our kitchen because, *honestly?!*, these spice blends can be used in a million different ways. And at Eat More Tea, we love experimentation and new flavor sensations—and we encourage you to use your imagination and come up with your own ways to *Eat more Tea!*



Smoky Chili

- 1 lb ground beef or turkey (omit if you want a veggie option)
- 1 large yellow onion
- 1 green bell pepper
- 1 small jalapeño
- 1 14-oz can kidney beans, drained and rinsed
- 2 14-oz can diced tomatoes
- 1 14-oz can black beans, drained and rinsed
- 1 8-oz can tomato sauce
- 2 Tbsp **Smoky Souchong Spice Blend No. 1**

Finely chop onions, jalapeño, and pepper. Brown the meat in a large pot along with the chopped onion, pepper, and jalapeño. Drain the fat. Add rinsed beans, tomatoes, tomato sauce, and spice blend. Cook on low heat for 1–2 hours. Serve with sour cream, shredded cheese, and freshly cut spring onions (optional).

EASY Yummy Smoky Burgers

- 1 lb ground beef or pork (or mixed)
- 1 Tbsp **Smoky Souchong Spice Blend No. 1**

Simply add the spice blend to the burger meat, mix it in well, form your burgers, and cook the way you like them.



smoky blend of black tea & spices . . . great for grilling

Oriental Fusion Tea Bim Bap Beef

- 1 lb thinly sliced beef

Mix together for the marinade:

- ½ cup low sodium soy sauce
- 1 tsp brown sugar
- 2 tsp oil
- 2 Tbsp **Oriental Fusion Spice Blend No. 2**

Pour the marinade over the meat in a zip lock bag and let sit for at least one hour (can marinate overnight)



sweet, exotic blend of tea & spices . . . unique mix

Roasted Sweet Potatoes

Put cubed potatoes into a zip lock bag and add a little olive oil and **Masala Spice Blend No. 3** to coat the potatoes before sticking them in the oven.

If you like your sweet potatoes even sweeter, add a bit of brown sugar.

Prefer savory? Add a touch of curry powder.



fragrant mix of spices . . . perfect for baking

All In with Tea Fish Tacos

- 1 lb talapia
- approx 1 Tbsp **Surf's Up Sencha Spice Blend No. 4**
- 12 small soft taco shells
- shredded cheddar cheese
- sliced avocados
- slaw (see recipe)

Sprinkle the talapia with the Surf's Up blend and bake or broil until done.

Slightly warm the flour tortillas and fill with fish and slaw. Add shredded cheese and avocado if desired.

For the slaw:

- 1 bag of shredded slaw
- ¾ cup mayonnaise
- ¼ cup Greek yogurt or sour cream
- ¼ cup brewed & cooled Pineapple Mango tea
- 2 tsp sugar
- salt to taste
- handful of cilantro

Whisk the mayonnaise, yogurt (or sour cream), sugar, and tea together until smooth. Pour dressing over the chopped slaw and toss in the chopped cilantro. Add salt to taste.

Sleepless Sencha Dip for Chips and Veggies

- 8 oz sour cream
- 1 Tbsp mayonnaise
- 1 tsp sugar
- 1 Tbsp **Surf's Up Sencha Spice Blend No. 4**

Stir together and chill.



lively blend of green tea & spices . . . a fresh take

Tea Thyme Roasted Chicken

- 1 whole chicken
- 2 carrots, chopped
- 1 onion, chopped
- 4 potatoes, chopped (add any other veggies that you like)
- 2 Tbsp **Tea Thyme Spice Blend No. 5**

Place veggies in a Dutch oven or other roasting pan. Rub chicken with spice blend and place the chicken in the pan with the veggies. Cook at 350°F for approximately 1½ hours or until internal temperature reaches 180°F.



sweet tea & savory spice blend . . . European flair

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