Fuel up for the 2020 CHICAGO TAP SUMMIT with balanced brunch options from CONSCIOUS PLATES.

Tap dance takes a lot of energy and we here at M.A.D.D. Rhythms follow an old saying — You get out what you put in! — and that’s why we try to eat responsibly after hours of grueling rehearsals. M.A.D.D. Rhythms is partnering up with local Chicago business Conscious Plates to provide us with healthy food to keep us in the best shape possible — it doesn’t hurt that the food is DELICIOUS as well.

Chief Visionary Officer of Conscious Plates, Latrell Garnett, recommends this tasty, alkaline-balanced and vegan Alkaline Sloppy Joe to enjoy before or after classes during the 2020 Chicago Tap Summit, or as the perfect consumable companion for the Tap Summit’s Brunch & Footage Session on Sunday, October 4th @ 10am on the Chicago Tap Summit Facebook page. It’s easy to make, uses easy to find ingredients that you may already have in your home and has all the nutrition that you need to keep up with the company members of M.A.D.D. Rhythms.
Ingredients

Roma/Plum Tomatoes (6)
Chickpeas/Garbanzo Beans (1 cup, dried or canned)
Portobello Mushroom (2 cups, chopped)
Dates (10)
Red Onion (¼ cup, diced)
Sea Salt (2 tsp)
Cayenne Pepper (¼ tsp)
Onion Powder (2 tsp)
Ginger Root Powder (½ tsp)
Sage Powder (2 tsp)
Agave Syrup (3 Tbs)
Tamarind Paste (optional)

Instructions

1. Add tomatoes, dates, red onion, sea salt, cayenne pepper, onion powder, ginger root powder, sage powder and agave syrup to a blender and process until smooth.

2. Add mixture to a saucepan on low heat for 15 minutes, or until mixture thickens into a sauce. Tamarind paste can be added to taste for extra color and tanginess (optional).

3. In a blender, add chickpeas* and pulse in intervals until the chickpeas have a “crushed nuts” texture. *Note: For dried chickpeas you must soak them for at least 2 hours in spring water and then transfer to a pot to be cooked for 2 hours or until soft. Canned chickpeas are ready to use right away - just drain the liquid.

4. Transfer chickpeas to a mixing bowl and add portobello mushroom and cooking sauce. Stir until chickpeas and mushrooms are well-coated. Sloppy Joe mixture can be enjoyed as is, or can be
added back to the saucepan for additional cooking to thicken the sauce and tenderize the chickpeas and mushrooms.

5. The Alkaline Sloppy Joe mixture can be added to a bun, nachos, a wrap, made into a chili/soup, etc. and can be enjoyed with an organic mixed greens salad and/or some vegan cornbread.

Here is a short video of a Conscious Plates chef making the Alkaline Sloppy Joe recipe. Just click on the picture or copy and paste into your browser and then you’re really cookin’.

https://www.youtube.com/watch?v=i2Vu2Sn3f6k&feature=emb_logo

That’s all there is to it! Conscious Plates’ Alkaline Sloppy Joe is a tasty way to stay healthy and active while putting in the work during the M.A.D.D. Rhythms 2020 Chicago Tap Summit. Check out ConciousPlates.com for more vegan and alkaline-balanced recipes — like milkshakes and pizza — and for their full menu and catering options for their restaurant in Chicago’s Bronzeville neighborhood — 332 E 51st, located inside of Boxville right next to the 51st Green Line Station, or call 312.767.4116 to place an order.
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