

CHEWS - & - BREWS

RAMEN
REVAMPED

EXPERIENCING
UNTHANK HALL

WELCOME
TO **Soup**
Season



10 **TIKTOK**
TRENDS
TO **TRY** OR **TRASH**



LETTER FROM THE EDITOR

When the temperatures drop and the leaves change their colors, all I think about is the rich, sweet smell of pumpkin pie wafting through the window of my parent's house, or the savory feeling of walking through the front door to be greeted by aromas of spices, soups and breads rising and making magic in the oven. The spirit of autumn is about connection, merriment and food, and as we learn how to reconnect with one another I encourage you to use the comfort and joy of cuisine and drink to guide your way. Support your local businesses, crack open grandma's recipe book and break bread with a new friend this season as we ease our way into the holidays, and a new dawn. Stay safe out there, and enjoy!

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on the cover: Photograph taken by Emily Fox, Ben Jensen enjoys a breakfast sandwich in Unthank Hall on University of Oregon's campus.



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TikTok Trends



TikTok's ability to make even the most niche of things a trend has provided the world with a steady stream of entertainment and challenges to take part in. What we can be sure of is that if it's a trend, people will at least try it. When it comes to food, even the strangest of combinations spark the attention of thousands of users. Here are ten of the most recent additions to TikTok's growing list of food trends.

Garlic Fermented Honey

At first, one may shiver at the thought of combining two seemingly opposite ingredients, but the consensus among many TikTok users is positive. Not only do you get a tasty drizzle for your roasted veggies, but the immune system benefits and anti-inflammatory effects of garlic and honey will make your body, and taste buds, very happy.

WORTH TRYING SCORE: 5/5

Watermelon and Mustard

I know what you're thinking. There's no way these two ingredients should ever be allowed to meet. But watermelon and mustard have proven just how versatile flavors can be. TikTok users report that the tangy, vinegar-like flavor of mustard pairs perfectly with the sweet, juicy watermelon flavor.

WORTH TRYING SCORE: 4/5

Fruit Roll-Up Ice Cream

It's not hard to imagine how this combination became a trend. After some time in the freezer the Fruit Roll-Up hardens into a crunchy layer around the ice cream. What could be better than the creamy sweetness of vanilla ice cream rolled inside the tangy goodness of a Fruit Roll-Up? If you like fruit in your ice cream this might be the snack for you.

WORTH TRYING SCORE: 5/5

Top 10 To Try or Trash

Cold or Raw Tofu

The variations of sauces to add are interchangeable, but the main piece is always cold, raw tofu. Some may be thinking there's no way to consume that squishy white block without frying it or adding it to a soup. But again, the internet has made us aware of ways to appreciate things in a whole new way. Combining a silken loaf of cold, raw tofu with soy sauce, sesame oil and green onion will give you a refreshing and easy vegan meal to enjoy.

WORTH TRYING SCORE: 5/5

The Wrap Hack

Tired of all your ingredients falling out the bottom of your wrap? Feel like you can't ever fit all your ingredients in? Struggle no further because the users of TikTok have provided us with the ultimate hack for making a wrap. What looks like an intricate cutting of a tortilla creates the perfectly folded and layered wrap of your dreams. Just add your favorite ingredients and you can enjoy this hack morning or night.

WORTH TRYING SCORE: 3/5

Salmon Rice Bowl

The salmon rice bowl refers to a dish created by food and lifestyle blogger Emily Mariko. This straightforward recipe includes salmon shredded and mixed into rice with Siracha, mayo sauce, and avocado on top. Her recipe has garnered millions of views, parodies, and recreations across the platform, so you can be sure this one is worth trying.

WORTH TRYING SCORE: 5/5

Dalgona Candy

Popularized in America by the Netflix show Squid Game, dalgona candy, also known as ppopgi, is a popular Korean street food. This treat is a simple mixture of brown sugar, corn syrup, and baking soda, shaped into a circle with varying shapes in the middle. The good news is that this crunchy, caramel treat isn't nearly as high stakes as the show makes them to be. Trace out the pattern until it breaks and enjoy the honeycomb goodness of dalgona candy! Also highly favored by TikTok users in early quarantine was dalgona coffee, made by mixing sugar, instant coffee and water.

WORTH TRYING SCORE: 5/5

Raw Onion and Tomato Sauce

Supporters of the trend claim raw onion and tomato sauce to be a good alternative to chips and salsa, but this one might be a matter of opinion. The responses seem skewed, based mostly on the level in which one enjoys raw onion. Tomato sauce can only do so much for that punchy flavor. Maybe we should ask Shrek.

WORTH TRYING SCORE: 2/5

Vegan Watermelon "Tuna"

The innovation of vegan food to effectively replace the use of meat in our dishes has now given us a new way to enjoy sushi. This recipe plays on the texture of watermelon and fish-like flavor of seaweed. Allowing small pieces of watermelon to soak in a mixture of soy sauce and seaweed has TikTok meat eaters spiraling over the possibilities of vegan cuisine. Pair with some white rice and sesame seeds and you've got yourself a vegan tuna roll.

WORTH TRYING SCORE: 5/5

Pumpkin Bread with Homemade Pumpkin Puree

Just in time for the holiday season, TikTok users have provided us with the best way to bake this classic treat. In the process, many learned about the existence of a cookable pumpkin known as a pie pumpkin. Being sweeter and smaller than carving pumpkins, these squash mix with cinnamon, nutmeg, clove and allspice to become the tastiest base for a loaf of pumpkin bread.

WORTH TRYING SCORE: 5/5

Soup Season

Written by **Parker Campbell** Photograph by **Andrea Secchi**

It is finally socially acceptable once again to have soup for dinner every night of the week, the most wonderful time of the year! Here are some of my favorite easy-to-make fall soup recipes, guaranteed to warm you up from the inside out. The perfect comfort food to combat Eugene rain, share these soups with friends, enjoy them while watching a movie or while studying for finals.



Creamy Tomato Soup

Ingredients

1 can (14 oz) diced tomatoes, undrained
2 tbsp minced fresh parsley
1 tbsp finely chopped onion
¼ tsp dried basil
½ tsp salt
⅛ tsp pepper
¼ cup tomato paste
¾ cups nonfat dry milk powder
3 tbsp all-purpose flour
2 cups 2% milk or milk alternative

Directions

Combine the first 6 ingredients in a large pot and bring to a boil. Reduce heat, simmer and uncover for 10 minutes. Stir in tomato paste. In a bowl, combine milk powder, flour. Stir in milk until smooth. Cook and stir until soup is thickened and heated through.

Black Bean Chili

Ingredients

1 large green pepper, chopped
1 medium onion, chopped
2 tbsp chili powder
½ tsp salt
¼ tsp pepper
⅛- ¼ tsp cayenne
15 oz black beans, rinsed and drained
1- ½ cups fresh or frozen corn (about 8 oz) thawed
1 large tomato, chopped
½ cup water
Shredded cheese (optional)

Directions

Add sauce, corn, beans, tomato, pepper, onion, water, and seasonings to a large pot. Bring to a boil. Reduce heat; simmer, uncovered for about 10 minutes. Stir occasionally. Serve with cheese and enjoy!

Local highlight: Order the chile from Tacovore for a comforting twist on traditional Mexican food.

Butternut Squash Soup

Ingredients

½ tsp olive oil
2 garlic cloves, minced
1 onion diced
1 butternut squash, peeled and diced into cubes
32 ounces vegetable broth
1-2 tsp salt

Directions

In a large pot (preferably a Dutch oven) heat olive oil over medium heat. Add onion and garlic. Cook until softened, about 5 minutes. Add cut-up butternut squash and vegetable broth. Bring to a boil then cover for 15-20 minutes or until squash is softened. Carefully pour soup into a blender or food processor. Add salt. Blend until smooth. Serve in bowls with thyme if desired.



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EXPERIENCING UNTHANK HALL

WRITTEN BY ZACHARY JONES NEURAY PHOTOGRAPHY BY EMILY FOX



Brand new Unthank Hall is named after UO 's famous alumni, DeNorval Unthank Jr.. Unthank was the first African-American to graduate from the UO's School of Architecture and Allied Arts (the forerunner of the College of Design). He went on to become an associate professor and designed McKenzie Hall and Justice Bean Hall as well. Unthank also worked intensively for the Black community in Portland, joining forces with community leaders and the Urban League of Portland to develop projects in the city's minority neighborhoods. Unthank Hall is a step in the direction of acknowledging the University's past and setting precedent for the changes to come.

So what is Unthank Hall bringing to the freshman experience and campus dynamic overall? RIP to the "humpy lumpy lawn," enter nine new dining and drink options. The new space sits adjacent to Hamilton Hall near the Alder street intersection on the East edge of campus. I took it upon myself to gather up a group of students that are experienced campus diners (Carson brunch connoisseurs and GSH-goers alike) and explore what the PNW Public Market has to offer besides modern, transparent architecture. We entered the new hall on a stormy cold night at 8 pm, and after a notable but quick-moving wait in line, we finally sat down to dig into the colorful plates and steaming bowls.

TAMARIND:

The only Indian restaurant on campus, Tamarind brings a unique palate of spices and curries to UO's dining scene. After interviewing some students in the hall they noted that the butter chicken and chicken korma have become local favorites of Tamarind's clientele. The restaurant also prepares oven-baked naan bread, goda masala cauliflower, and numerous Indian curries that "warm the soul on the coldest of winter days.," according to the University's official page.

DUCK'S HOUSE:

Duck's House offers standard American food with a UO twist. The sports bar offers American classics like their Duck'n'Out burger, hot wings and salads while also featuring live Duck games and events. Duck's House is also one of the latest open restaurants at Unthank, closing at 9:00 p.m. Last but not least, you can't miss their weekend brunches that serve Oregon waffles, freshly made for gameday and track events!

HEARTH AND SOUL:

Nestled in the center of the PNW Public Market is the warming oven of Hearth and Soul. The open hearth oven shuffles thin crust pizzas to hungry students throughout the day and prepares hand tossed salads and scratch-made soup. With one of the longest lines I saw that day, Hearth and Soul offers a variety of freshly made organic Italian inspired meals and snacks. Already a duck favorite for lunch and dinner, the beating heart of the PNW Public Market also prepares focaccia bread sandwiches with local ingredients.

CAFÉ:

Formally known as the PNW Café, this Starbucks-sourced café offers specialty coffee, tea and pastries. The café is a quick and easy stop for those who depend on caffeine to survive midterms and an ordinary day in Eugene. I also have to mention that they spelled my name correctly which is frankly an anomaly in the modern world we live in so props for that.





BULLSEYE TACO:

This new taco and burrito joint specializes in fresh from-scratch Mexican cuisine. Bullseye Taco provides vegetarian options and mouth-watering salsas that will test your spice tolerance. The menu presents five unique taco and burrito options that can suit various dietary restrictions. Plus, their sides options are a great and affordable option for groups to share.

AGATE STREET MARKET:

The Market is nestled in the corner of the dining hall and offers everything from fresh sandwiches to frozen meals to every ice cream and snack imaginable. In comparison to surrounding options in the hall, I'd recommend the Street Market for a quick lunch/grocery stop or late night excursion.



WATERSHED:

One of the many healthy bowl and smoothie options on campus, Watershed is a great addition to Unthank Hall. Watershed's mission is using plant-based, gluten-free foods with locally harvested ingredients. The juice bar features fresh citrus blends, signature and custom acai bowls offering a quick and healthy stop for ducks on campus.



STEAM:

You'll recognize Steam by its emblematic red polka dotted decor. The Japanese restaurant serves steaming ramen and bao with locally inspired ingredients. Perfect for a cold rainy day in Eugene and helped one of my food critiques through their cold.



DRAKE'S DELI:

Drake's Deli serves market-style rotisserie chicken and BBQ specialties such as brisket and their "soon-to-be-famous" hot and spicy chicken sandwich. For those who prefer a less poultry-themed meal, Drake's Deli also offers side salads, slaw, mac n' cheese and countless other comfort foods that all come in vegan or vegetarian options. I ordered the Pork Katsu Sandwich with spicy slaw. The bun was the size of my face and the pork was well cooked with fresh ingredients that added an extra crunch of satisfaction, adding to the fact that this meal was affordable, a worthy bang for your buck.



RAMEN REVAMPED

Written by Maegan McCoy and Photographed by Andrea Secchi



As we enter the colder months, there is one hot cup of broth that college students famously adore: ramen. The affordable price and easy preparation make this noodle soup perfect for dorm living and busy students, but there is one downside: instant ramen is not exactly the most healthy meal you could eat. To give a quick dinner a boost, here are some additive ideas to up that nutritional value and make it taste even better.

Eggs

An essential part of any bowl of ramen is the egg. If you want to prepare eggs before making your ramen, you can boil eggs beforehand and make ramen eggs, or leave them plain. Other options include frying an egg separately to place it on top, or scramble an egg in the hot broth. For an easy poached egg, just gently drop an egg into the pot when you are cooking the noodles. For a vegan bowl of ramen, you can scramble an egg alternative the same way.

Protein

For an easy addition of protein to ramen, the best options are tofu or spam. You can pan-fry them on the side or prep them beforehand. Tofu can be pan-fried in sesame oil and teriyaki, or coated in flour and deep fried in vegetable oil. If you don't want to dirty an extra pan, you can just chop up your protein and put it in with the broth.

Vegetables

For a nutritious punch, vegetables are a necessity. One of my favorite easy additions to a bowl of ramen is some chopped-up bok choy. It should cook quickly just simmered in the broth. Mushrooms are another option, but make sure to put them in when you boil the water so they have long enough to cook. Corn, peas and carrots are a classic trifecta found in most ramen cups, and they make an easy addition to any bowl of ramen. They are found frozen and canned making them easy to store without worrying about them going bad. For pork ramen, you can add some cabbage or lettuce, onions and radishes and garnish with cilantro and lime for a pozole-like flavor profile.

How to make ramen eggs

To make ramen eggs, you need soft-boiled eggs, soy sauce, rice vinegar, sugar and a container. Make sure to not over boil your eggs or it won't get that perfect gooey yolk that is so important. You can also steam your eggs for about 5 minutes. Peel them gently after cooling your eggs in an ice bath. Prepare a mixture of soy sauce, rice vinegar, sugar, and water to taste. You can add some garlic and ginger to the mix for extra flavor. Once you have your marinade, gently place your eggs in the container and cover them completely with your mixture. Then seal and leave them in your fridge for a couple of hours, overnight, or even a couple of days until you are ready to make your ramen, or eat them separately with some green onions and sesame for a tasty snack.

Extras

For the final additions, you can add some common sauces from your pantry like soy sauce or sriracha. If you are planning ahead, you can pick up some gochujang sauce for an extra spicy kick. For mix-ins, you can add red pepper flakes or cheese if you like Korean-style ramen. On top, cut up some seaweed, and green onions and finish with sprinkling sesame seeds to complete your beautiful bowl of ramen.





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TIPS ON BEING A GOOD CUSTOMER

Written by Lizzy Lee, photographed by Andrea Secchi

For many of us, it's been awhile since we've dined in at a restaurant. It's daunting, especially for those with social anxiety, to think about going to a restaurant after so much time confined in our homes. I'm here to let you know that you're not alone! As someone who's worked in the hospitality industry, I have the pleasure of listing some tips to ensure you and your server have a pleasant experience next time you go out. So without further ado, here are few tips on how to be a good customer:

Identify your situation

Before even stepping foot into the establishment, it's important to ask your party a few questions. *Is the restaurant dine-in or takeout only?* It's a bummer wanting to dine in at a restaurant, only to find that they do takeout only. *Do I have a large party?* If you do, it might be best to reserve a table. This way you don't have to wait too long and your server doesn't have to scramble to find table space.

Masks

We're in a weird time. Masks are required indoors but eating requires masks off. To be safest, wear your mask until your meal is served. Put the mask back on to go to the bathroom or ask your server a question. It'll make the restaurant workers and fellow diners feel more comfortable. And if there's outside dining available, please utilize that option.

Common courtesy

Remember those magic words: please and thank you! Those phrases can go a long way. The golden rule stays true — put yourself in their shoes. Don't seat yourself unless instructed, don't interrupt your server, don't leave the table a mess, don't snap your fingers at a worker, etc.

Tipping

In American society, tipping is a must! Before you go out, make sure you have enough money allocated to the meal itself and the tip. 15-20% is the standard and if you have an amazing server, feel free to tip more. It'll make their day a little brighter. FYI: Writing a compliment on the receipt without a tip is almost worse than no tip at all (yes, people do this and yes, it hurts).

And of course, if you're feeling any COVID symptoms, please stay home! We all want to return to normal as soon as possible, but it's in everyone's best interest to stay home if you're feeling under the weather.





Festive Fall Comfort Foods

Written by Kelsie Heffernan, photographed by Andrea Secchi

Our summer of excessive heat warnings has finally come to an end, and we find ourselves greeted with autumnal trees and crisp, cold air. Fall is a time for delicious and warm homemade recipes. This year more than ever, everyone is searching for a little extra comfort, and look no further than your own kitchen!

You'll find these comfort foods outside the realm of your normal rotation, and you'll find a recipe fit for everyone with many of them being gluten free, vegan, and nut free—all of them delicious. Happy cooking!

Pumpkin Tofu Curry (gluten free, vegan, nut free)

What You'll Need:

1 block of extra firm tofu
1/2 can pumpkin puree
1 can coconut milk
1 onion, diced
1 tbsp canola oil
2 cloves garlic, finely chopped
1 thumb ginger, grated
2 jalapenos, diced
1 tbsp yellow curry powder
1 tsp garam masala
1 tsp salt
1 orange bell pepper
Optional: 1 cup brown or white rice for serving

How to Cook:

Press tofu for one hour (if you don't have a tofu press, you can put it between two plates and under something heavy, such as a few cans).
In a large pan, saute onion with canola oil, garlic, bell peppers and jalapenos for 6 minutes until fragrant.
Chop tofu into cubes and add to the pan (can add additional oil if needed) and cook for 5 minutes or until tofu appears crispy on the outside.
Add spices and ginger and allow to cook for one additional minute.
Add pumpkin puree and coconut milk and simmer for 15 minutes.
Serve over rice or with extra vegetables.

Cheesy Marinara Pasta With Turkey (nut free)

What You'll Need:

- 1 box spaghetti noodles of choice
- 1 bottle marinara sauce of choice
- 1 tbsp olive oil (more as needed)
- 2 cloves garlic, finely chopped
- ½ large Onion, diced
- 16oz ground turkey
- ½ cup Parmesan cheese
- 2 tbsp heavy cream



How To Cook:

Fill a medium sized pot with water, add a pinch of salt, and turn on high. In a large pan, heat to medium high heat and add onion, garlic, and olive oil. Cook for 3-5 minutes, until golden and fragrant. Once pasta water boils, add noodles and cook as directed on the box. Turn heat down to medium and add ground turkey, and extra olive oil if needed. Break apart the turkey into fine pieces with a spatula and stir, cooking for 6-10 minutes, until the internal temperature of the meat reaches 165°F. Add marinara sauce, parmesan cheese and cream, and allow to simmer for 5 minutes. Serve sauce over noodles and garnish with additional parmesan.

Homemade Hot Chocolate (gluten free, nut free)

What You'll Need:

- 1 1/2 cups milk
- ½ cup heavy cream (for less creamy hot chocolate, can substitute for equal amount milk of choice)
- 2 tbsp cocoa powder
- 2 tbsp white sugar
- 2 squares milk chocolate (approximately 2 tbsp)
- ½ tsp vanilla extract

How To Cook

In a small pot, add all ingredients and whisk together on low heat. Make sure not to bring to a boil! Continue whisking until chocolate has melted and all ingredients have combined, then serve in festive mugs and top with whipped cream and marshmallows.

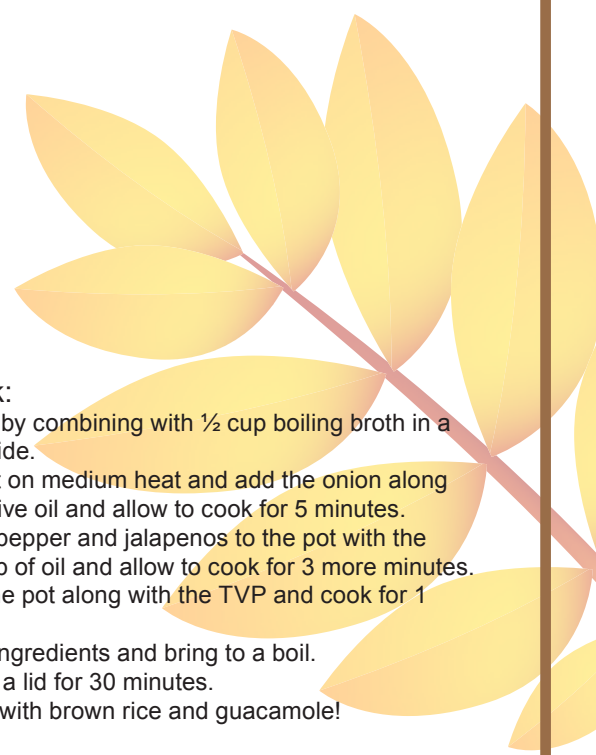
One Pot Vegan Chili (gluten free, vegan, nut free)

What You'll Need:

- ½ cup textured vegetable protein (TVP)
- 2 tbsp olive oil
- 1 onion, diced
- 1 red bell pepper, diced
- 2 jalapenos, finely chopped
- 3 cloves garlic, finely chopped
- 1 tsp cumin
- ½ tsp smoked paprika
- ¼ tsp chili powder
- ¼ tsp salt
- ½ cup red lentils, rinsed
- 1 can kidney beans
- 1 can black beans
- 1 can diced tomatoes
- 1 cup vegetable broth

How To Cook:

Rehydrate TVP by combining with ½ cup boiling broth in a bowl and set aside. Heat a large pot on medium heat and add the onion along with 1 tbsp of olive oil and allow to cook for 5 minutes. Add garlic, bell pepper and jalapenos to the pot with the remaining 1 tbsp of oil and allow to cook for 3 more minutes. Add spices to the pot along with the TVP and cook for 1 minute. Add remaining ingredients and bring to a boil. Simmer without a lid for 30 minutes. Optional: serve with brown rice and guacamole!



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