

CPS CHEF COUNCIL

Chef Patricia Gonzalez of Healthy Substance



Chef Patricia Gonzalez is the owner of Healthy Substance a Vegan Mexican restaurant that was nationally recognized in 2020 as one of the top 100 places to eat in the country. The family-owned restaurant located in the Garfield Ridge neighborhood opened its door in August 2018.

Years prior when her husband faced a serious illness, she was devoted to finding a way to help her husband eat healthier. She learned of the wonderful benefits that a Vegan diet offers and she was sold from that moment on. She took months trying to recreate every dish that she loved into a vegan one without losing its integrity and core flavors. When her husband finally got better, they introduced a weekly dinner date every Thursday to appreciate each other even more! She started to notice that at almost every restaurant that they attended she would not be able to find a vegan dish that they would be able to enjoy. From then, the idea of Healthy Substance was born.

Her pride and focus is preparing food that has zero animal suffering and she's here to prove that no animal needs to die to satisfy our tastebuds. She's so excited to be able to share how we make those awesome cruelty free dishes here in our kitchen and how you can do it at home!



Al Pastor Vegan Taco and Guacamole

Chef Patricia Gonzalez

Guacamole

INGREDIENTS

2 avocados

½ cup of diced tomato

¼ cup diced onion

¼ cup of cilantro

2 tablespoons of lime juice

1 tablespoon of salt

INSTRUCTIONS

In a bowl, mash together the avocados, lime juice, and salt. Mix in diced onion, chopped cilantro, and diced tomatoes. Refrigerate or serve immediately.

Al Pastor Vegan Taco

INGREDIENTS

Vegan al pastor

Corn tortilla

Pinch of onion

Pinch of cilantro

INSTRUCTIONS

In a pan, heat the prepared Vegan Al Pastor to about 141 degrees. Serve on a warmed corn tortilla and garnish with a pinch of diced onion and chopped cilantro.