



Barbecued Tempeh Burger

INGREDIENTS

Tempeh preparation:

- 1 package tempeh (8 oz)
- 1/4 cup low-sodium tamari or soy sauce
- 2 tbsp water
- 1 tsp garlic powder
- 1 tsp onion powder
- Barbecue sauce

Assembling the burgers:

- 4 whole grain hamburger buns
- 1 cup sauerkraut
- 1/2 avocado
- Tomatoes
- Red onion
- Lettuce leaves

METHOD

- 1** Halve the tempeh lengthwise, then crosswise into 4 evenly cut, thinner pieces that fit a whole grain hamburger bun. Slice the avocado. Thinly slice the tomatoes. Thinly slice the red onion.
- 2** Steam (Optional Step) If steaming, place the tempeh in a steamer and steam for approximately 15 minutes. Remove and place on a plate. Using a fork, poke small holes on both sides. If short on time, skip steaming.
- 3** In a wide shallow dish, combine the low-sodium tamari or low-sodium soy sauce, water, garlic powder, and onion powder. Add the tempeh and turn to coat. Cover and marinate for at least 30 minutes or overnight. Brush each piece on both sides with barbecue sauce.

TIPS & ADDITIONAL INFORMATION

Cut the tempeh based on its original shape. Aim for 4 evenly cut, thinner pieces that fit a whole grain hamburger bun.



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METHOD (continued)

4 If grilling, heat a grill over medium heat. Cook for 4 to 5 minutes on each side, until nicely browned.

If pan-frying, heat a couple of teaspoons of oil in a fry pan over medium heat. Cook for 3 to 4 minutes on each side, until heated through and nicely browned.

5 Assemble the Burgers. Place the tempeh on whole grain hamburger buns. Add sauerkraut, sliced avocado, tomatoes, red onion, and lettuce leaves. Assemble as desired.

TIPS & ADDITIONAL INFORMATION

Choose a lower-sodium barbecue sauce when available.