

Stir-Fried Vegetables & Tempeh

INGREDIENTS

- 1 (8 oz) package tempeh
- 3 cups water
- 3 tbsp low-sodium tamari or low-sodium soy sauce
- 4 cloves garlic
- 3 inch piece fresh ginger
- 1 (1-inch) piece kombu (optional)
- 1 cup onions
- 1 cup shiitake mushrooms
- 1 cup carrots
- 1 cup snap peas
- 1/2 cup green onions
- 2 tsp sesame oil
- 1/4 tsp sugar
- 1–2 tbsp peanut or grapeseed oil
- 1/4 cup nuts (optional)

METHOD

1 Prepare the tempeh. Slice the garlic cloves. Thinly slice the fresh ginger into about 8 pieces. Cut the tempeh into bite-size pieces. Next, in a large pot combine the water, low-sodium tamari, sliced garlic, sliced ginger, and kombu, if using. Bring to a gentle simmer. Add the tempeh and continue to simmer for at least 1 hour. Drain and set aside on a rack to cool and dry.

2 Prepare the rest of the ingredients. Slice the onions. Slice the shiitake mushrooms into 1/4-inch pieces. Peel and slice the carrots on an angle. Trim the snap peas and remove strings if desired. Thinly slice the green onions. Mince the garlic and fresh ginger.

TIPS & ADDITIONAL INFORMATION

Kombu is a type of seaweed usually sold in flat strips or sheets. You can buy it in Asian grocery stores, large supermarkets, health food stores, or online.

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METHOD (continued)

3 Prepare the sauce. Mix the low-sodium soy sauce, sesame oil, and sugar in a small bowl. Set aside.

4 Cook and finish the dish. Heat a wok or large pan over high heat. Add the oil. Stir-fry the tempeh until lightly golden. Remove and set aside. Stir-fry the onions, then the mushrooms, then the carrots, then the snap peas. Add the minced garlic and ginger. Return the tempeh to the pan. Add the prepared sauce and toss to coat. Finish with green onions. Add nuts, if using. Serve immediately.

TIPS & ADDITIONAL INFORMATION

Line the ingredients up in the proper cooking order before stir-frying. You can add a touch more oil during the stir-frying process if needed.