



Tempeh Hash

INGREDIENTS

- 1 block tempeh (12 oz)
- 3 cups low-sodium vegetable stock
- 2 tbsp olive oil
- 1 1/2 cups potatoes
- 1/2 cup red onion
- 3 to 4 garlic cloves
- 1/2 cup bell peppers
- 1 tsp chili powder or paprika
- 2 tbsp low-sodium tamari
- 1/2 tsp sea salt
- Freshly ground black pepper to taste
- 2 tbsp fresh parsley

METHOD

- 1** Simmer the tempeh in low-sodium vegetable stock in a saucepan for approximately 10 to 15 minutes. Remove and let cool. Dice the tempeh and set aside. Peel and small dice the potatoes. Dice the red onion. Mince the garlic. Cube the bell peppers. Chop the fresh parsley.
- 2** Bring a fry pan to medium-high heat. Add 1 1/2 tbsp olive oil. Add the potatoes and cook for 10 to 15 minutes, tossing frequently, until slightly browned. If the pan is not big enough, remove the potatoes and add them back at the end.

Add the red onion and diced tempeh, along with the remaining olive oil. Cook for another 3 minutes. Add the bell peppers, garlic, chili powder or paprika, sea salt, and freshly ground black pepper. Cook for an additional 3 minutes.
- 3** Remove from heat. Add the low-sodium tamari and chopped fresh parsley. Toss and serve.