



Tempeh Tacos

INGREDIENTS

12 oz tempeh
2 1/2 cups water or low-sodium vegetable stock
3 tbsp low-sodium tamari or soy sauce
1 tbsp agave or maple syrup
2 green onions
2 tsp ground cumin
2 tsp red chili powder
1/2 tsp oregano
1/2 tsp sea salt
1 tsp + 1 tbsp olive oil
1 onion
1 red bell pepper
3 cloves garlic
Sea salt to taste
12 soft corn tortillas
1/2 cup fresh cilantro
1 lime
1/2 orange

METHOD

- 1** Slice the tempeh into 12 strips. Slice the green onions. Thinly slice the onion. Thinly slice the red bell pepper. Slice the garlic. Chop the fresh cilantro. Juice the lime. Segment the orange.
- 2** In a saucepan, combine the tempeh, water or low-sodium vegetable stock, low-sodium tamari or soy sauce, agave or maple syrup, and green onions. Bring to a simmer and cook for 30 minutes. Add additional liquid only if necessary to cover. Remove the tempeh and place on a rack or plate to cool.
- 3** In a small bowl, combine the ground cumin, red chili powder, oregano, and sea salt. Coat the simmered tempeh with the spice mixture. If preferred, slice each strip into 3 or 4 smaller pieces before seasoning.
- 4** Heat 1 tsp olive oil in a large fry pan. Sauté the sliced onion and red bell pepper until just soft. Add the garlic and stir until just aromatic. Season with sea salt to taste. Remove the vegetables and set aside.



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METHOD (continued)

5 In the same fry pan, heat 1 tbsp olive oil. Add the tempeh. Pan-fry, turning frequently, until browned. Keep the heat moderate to avoid scorching the seasoning. Return the vegetables to the pan. Reheat to combine. Add a few tablespoons of water or other liquid if the mixture seems dry.

6 Place the tempeh and vegetable mixture onto grilled or cooked corn tortillas. Garnish with chopped fresh cilantro and fresh lime juice. Serve with orange segments.