

Mexican Spiced Tempeh

Yield: 4 servings

Ingredients

1 tablespoon extra-virgin olive oil
8 ounces tempeh
1 cup diced onion
½ cup water
2 teaspoons chili powder
1 teaspoon ground cumin
½ teaspoon smoked paprika
¼ teaspoon garlic powder
¼ teaspoon dried oregano
¼ teaspoon cayenne powder
¼ teaspoon ground black pepper
½ teaspoon kosher salt

Instructions

1. Heat olive oil in a skillet over medium-high heat. Use your hands to crumble the tempeh into small pieces and place into the skillet.
2. Add the onion to the skillet and cook until the tempeh begins to brown, about 5 minutes.
3. Add remaining ingredients to the skillet. Stir mixture to evenly coat tempeh with spices.
4. Continue to cook until water is completely absorbed and tempeh browns and gets crispy on the edges, about 5 minutes, stirring occasionally to prevent sticking.

Nutrition Information

Serving Size: ¼ of recipe

Calories: 147
Total Fat: 7 g
Saturated Fat: 1.2 g
Monounsaturated Fat: 3.5 g
Polyunsaturated Fat: 1.7 g
Sodium: 188 mg
Total Carbohydrate: 12 g
Dietary Fiber: 6 g
Sugars: 2 g
Protein: 11.5 g

Source: The Mostly Vegan. Kristie Williams-Yowell.

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