



Barbequed Tempeh with Onions and Peppers

Tempeh is an Indonesian soy food made from the whole fresh beans, pressed into a square patty and fermented. Fermented foods are easy to digest and help implant healthy bacteria in the stomach and colon which makes this product the best source of soy nutrition. Tempeh is best when paired with strong flavors as it does have a distinctive taste.

INGREDIENTS:

½ cup low-sodium soy sauce (or Bragg's Liquid Aminos)
2 Tbsp Japanese rice vinegar
4 tsp fresh lemon juice
2 tsp honey
1 package tempeh, cut into 1 inch cubes
1 Tbsp olive oil (or coconut)
1 cup onion, cubed
2 cups mixed color bell peppers, cubed
4 ounces barbeque sauce
¼ cup water

PREPARATION:

- Combine first four ingredients in a shallow dish and whisk until honey is dissolved
- Add tempeh and allow to marinate several hours or overnight, turn to evenly coat
- Heat oil in a large skillet and fry onion and peppers until nicely browned
- Drain tempeh and add to onion mix, tossing a few minutes to heat through
- Pour over barbeque sauce and gently stir
- Add water if needed to thin the sauce

SERVING SUGGESTIONS:

1. Open-face on a bun, sprinkle with sharp cheddar cheese
2. Topping for ½ a baked potato
3. Serve over brown rice

Serves 4
Serving Size: about a cup
Calories: 167
Fat Grams: 6.5

