

Vegetable Stir Fry with Tempeh

Prep time:

10 minutes

Cooking time:

10 minutes

Yields:

8 people

Ingredients:

1 pack tempeh, diced
1/2 yellow onion sliced
1 tablespoon garlic
1 tablespoon ginger
1/2 cup mushrooms sliced
1 cup broccoli, blanched
1 red bell pepper cut in strips
1 carrot, peeled, cut in half lengthwise and sliced thin
2 oz. soy sauce
8 oz. water
1 tablespoon sesame oil
2 oz. corn starch

Directions:

Spray large saute pan. Add tempeh, onion, garlic and ginger and saute over medium heat 1-2 minutes. Add in remaining vegetables and stir. In a small mixing bowl whisk together soy sauce, water, sesame oil and corn starch and pour over tempeh and vegetables. Sauce will immediately thicken. Continue to stir for one minute and remove from heat. Serve over rice, quinoa or barley.