

Vegan Tempeh Bowl



Tempeh Bowl

A lot of times, cooking itself does not take as much time as prepping (peeling, cutting, pre-roasting) the vegetables and meats. I like this simple, but nutritious recipe, because I can prep the ingredients one day and then use them in the next 3-5 days. I also buy peeled and cut organic butternut squash at Costco.

Ingredients:

- 1 lbs butternut squash (peeled and cubed)
- 1 cup cooked sprouted brown rice
- 1/4 diced purple onion
- 1 package original tempeh

1-2 baked sweet potatoes
1/2 orange/yellow/red bell pepper
1/2 avocado cubed or sliced
1/2 tsp cinnamon
salt, pepper to taste

Dressing:

2 tbsp cashew butter
1 tsp curry paste
2-3 tbsp olive oil

Tempeh Marinade:

2 tbsp rice vinegar
2 tbsp coconut aminos

Directions:

1. To make things easier for me, I roast a number of vegetables on Monday or Sunday night and use them during the week. I am lazy like that.
2. To roast the veggies: Wash sweet potatoes, set the oven temperature to 400 F degrees and bake the potatoes for 35-30 minutes. Toss the cubed butternut squash in 1 tbsp of olive oil, add salt, pepper, and cinnamon. Bake in the same oven with sweet potatoes for 25-30 minutes. I also cook rice or quinoa beforehand.
3. Combine rice vinegar and coconut aminos in a bowl, cube tempeh and add it to the marinade. Let it stand for 10-20 minutes.
4. Meanwhile, wash and dice bell pepper, avocado, and purple onion. Dice sweet potatoes. Add all the ingredients to the bowl (cooked rice, sweet potatoes, butternut squash, onion, bell pepper, and avocado).
5. In a frying pan, heat a bit of any stable oil/fat you prefer. I use at times refined coconut oil, avocado oil, bacon fat or ghee. When the frying pan heats up, add marinated tempeh and fry it for 10 minutes mixing it once in a while.

6. While tempeh is cooking, combine cashew butter, olive oil, and curry paste and mix it well to make it a bit runny for the sauce.
7. Combine all the ingredients, sprinkle generously with the sauce and enjoy!