

MARINATED TEMPEH STIR-FRY WITH BROCCOLI AND RED BELL PEPPER

4 oz tempeh, cut into ½ inch cubes

¼ cup light soy sauce

1 tbsp rice vinegar

3 garlic cloves, minced

2 tsp minced peeled fresh ginger

1/8 tsp dried crushed red pepper (*optional)

3 cups broccoli, stems peeled and cut into ½ inch pieces, florets cut into 1 inch pieces

2 tbsp water

1 tsp honey

1 tsp cornstarch

1 tbsp vegetable oil

½ cup chopped red bell pepper

2 tbsp thinly sliced green onion

Stir tempeh, soy sauce, vinegar, garlic, ginger and crushed red pepper into medium bowl to blend. Let marinate 1 hour at room temperature.

Steam broccoli until crisp-tender, about 3 minutes. Set aside. Strain marinade from tempeh into small bowl; set tempeh aside. Whisk 2 tbsp water, honey and cornstarch into marinade.

Heat oil in large nonstick skillet over high heat. Add marinated tempeh and bell pepper and sauté 4 minutes. Add broccoli and marinade mixture and sauté until broccoli is heated through and sauce thickens, about 3 minutes. Transfer to bowl. Sprinkle with green onion and serve.

*I often serve this as a main course with a side of brown noodle, soba noodles, or udon noodles. The broccoli and red pepper can also be easily substituted for other vegetables, such as snow or snap peas, carrots, cauliflower, or any others on hand.