

SOUTHWEST TEMPEH STEW

8 oz tempeh

1-2 tbsp sauce from canned chipotles in adobo

1 tbsp tamari

1 ½ tsp ground cumin

1 tbsp extra virgin olive oil

1 cup red bell pepper, diced

½ cup onion

½ cup mushroom, sliced

1 can (14 oz) diced tomatoes

¾ tsp ground chili powder

1 cup corn kernels

1 can (4 oz) chopped mild or medium green chilies (*optional)

Steam tempeh until cooked through, about 20 minutes. Mix together chipotle sauce, tamari and ¾ tsp cumin until it makes a soft paste. Rub paste into warm tempeh and set aside.

In large skillet, heat olive oil over medium-high heat and sauté peppers, onions, and mushrooms until slightly soft, about 5 minutes. Cut tempeh into cubes and add to the onion mixture along with the remaining ingredients. Cook for another 10-12 minutes.

Serve over your favorite rice or grain or use as a stuffing for vegetarian enchiladas.

Serves 4-6

Source: Whole Foods Market