

Broccoli & Tempeh



Makes:

4 servings, as an entrée

Utensil:

2 Qt./1.8L Sauce Pan with Cover
Saladmaster Food Processor
large mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

Tempeh, a traditional cultured soy product is a very versatile and protein rich product. Look for tempeh made with organic soy. Tempeh is available using a combination of grains, seasonings and vegetables. I used tempeh made with soy and wild rice, but any combination would work with this dish.

Marinade

2 tablespoons
water or vegetable broth
(30
mL)

¼ cup
tamari, naturally fermented wheat free soy sauce
(60
mL)

1 tablespoon
brown rice vinegar
(15
mL)

1 teaspoon
toasted sesame oil
(5
mL)

3 cloves
garlic, shredded, use Cone #1

Entrée

8
ounces tempeh, organic, cut into small (227 g) ½
cubes 1

cup red onion, julienned, use Cone (80 g) 1
#2

Directions:

red pepper, seeded and medium
 diced bunch
 broccoli (approximately 1 ½ cups/107g), cleaned, cut off stem and trim into small florets
 salt and pepper to taste
 sesame seeds, toasted, for garnish
 whisk to

1. Place all marinade ingredients in bowl and

- combine. Add tempeh cubes, toss to coat with marinade and set aside while preparing other ingredients.
2. Preheat skillet on medium heat, until water sprinkled on skillet skitters and dissipates, approximately 5 minutes.
3. Rinse red onion, red pepper, broccoli; do not dry and place in skillet. Salt and pepper to taste and place cover on top, slightly ajar. Cook vegetables for approximately 12 - 15 minutes, shaking skillet occasionally to evenly brown vegetables. Use turner to turn vegetables to ensure even browning.
4. While vegetables are cooking, heat sauce pan on medium heat, approximately 5 – 7 minutes, or until water sprinkled on pan skitters and dissipates.
5. Remove tempeh from marinade and put into sauce pan, shaking pan so all of the tempeh is evenly distributed. Cook tempeh for approximately 5 - 7 minutes, turning occasionally so it is evenly browned on all sides.
6. When vegetables are done cooking, place browned tempeh pieces and remaining marinade into sauce pan with vegetables, and stir to combine ingredients.
7. Top roasted vegetables and tempeh with sesame seeds and serve.

Tips:

- Stove top roasted broccoli cooks up quickly in the Chef's Gourmet Skillet. Try substituting for cauliflower, green beans, asparagus or other favorite vegetables.
- Serve with soba noodles or steamed rice.
- Save broccoli stems, peel off fibrous outer layer, slice thin and serve with other raw vegetables.

Nutritional Information per

<p>▼ <u>Serving</u></p> <p>Calories: 180 Total Fat: 10g Saturated Fat: 2g Cholesterol: 0mg Sodium: 1021mg Total 14g Carbs: Dietary Fiber: 1g Sugar: 2g Protein: 14g</p>
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