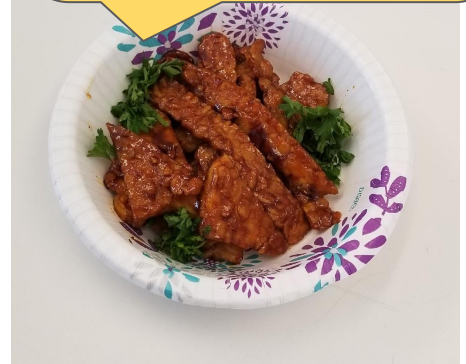


# Sweet and Spicy Tempeh

## Ingredients

- 1 package of tempeh, 8 ounces (can substitute tofu)
- 1 tablespoon Korean chili paste (Gochujang) or Sriracha sauce
- 1 tablespoon sesame oil
- 1 tablespoon white or brown sugar
- 1 tablespoon soy sauce
- 2 tablespoons canola oil (or other cooking oil)

**Nutrition Tip:** Tempeh (pronounced *tem-pay*) is made from fermented soy beans. It is a great source of protein, probiotics and fiber.



## Directions

Take out tempeh from package. Cut tempeh into thin lengthwise pieces/strips. If using tofu, be sure to pat dry thoroughly, then cut into bite-sized cubes.

Whisk sauce ingredients (chili paste, sesame oil, sugar, and soy sauce) together. Set aside.

In a medium sized pan, heat canola oil over medium heat. Place cut up tempeh strips in pan and cook until lightly browned, then turn over. Pour sweet and spicy sauce and coat tempeh thoroughly. After 2-3 minutes, turn off heat. Enjoy with rice and veggies for a balanced meal.

Recipe adapted from <https://www.feastingathome.com/vegan-bibimbap/>

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