

Tempeh Hash

Swick

Serves 2 to 3 | Active Time: 45 minutes | Total Time: 45 minutes

Step 1: Preparing the Tempeh

- 1 block tempeh (approx. 350 grs/12 oz)
 - 3 cups vegetable stock
- To prepare the tempeh, in a sauce pan, add the tempeh and vegetable stock to cover. Simmer for approximately 10 to 15 minutes. Remove the tempeh, let cool, dice and set aside.

Step 2: Preparing the Hash

- 2 tbsp olive oil
- 1 1/2 cups potatoes, peeled and small diced
- 1/2 cup red onion, diced
- 3 to 4 garlic cloves, minced
- 1/2 cup bell peppers cubed
- 1 tsp Chili Powder or paprika*
- 2 tbsp tamari
- 1/2 tsp sea salt
- freshly ground black pepper, to taste
- 2 tbsp fresh parsley, chopped

To prepare the hash, bring a fry pan to medium–high heat and add 1 1/2 tbsp of the oil. Add the potatoes and cook for 10 to 15 minutes, tossing frequently until slightly browned. *Note: If your pan is not big enough, you may want to take the potatoes out and then just add them back at the end.

Next, add the onions and the diced tempeh, along with the remaining oil.

Cook for another 3 minutes. Add the bell peppers, garlic, chili powder, tamari, sea salt and pepper and cook an additional 3 minutes.

Note: The amount of chili powder, is based on this [Chili Powder Recipe](#). If using another chili powder, you may want to use more or less, depending on how spicy the chili powder is.

Remove from heat, add in the chopped parsley and serve.

This recipe was inspired by super talented Chad Sarno from [Wicked Healthy Food](#).