

Tempeh Tacos

Serves 1 | Active Time: 20 minutes | Total Time: 1 hour

Swick

Chef's Notes

These tacos can also include additional fillings to accompany the tempeh. Guacamole, salsa (such as Salsa de Molcajete), Black Beans and roasted vegetables are just a few suggestions. If desired, serve with Cashew Sour Cream as well.

If you'd like additional spice, add some chopped fresh chilies (serranos or jalapeños are a good choice) or serve the tacos with a spicier salsa or hot sauce.

Step 1: Simmering the Tempeh

- 12 oz tempeh, sliced into 12 strips
 - 2 1/2 cups water or vegetable stock
 - 3 tbsp tamari
 - 1 tbsp liquid sweetener
 - 2 green onions, sliced
- In a saucepan, combine tempeh with the water, tamari, sweetener and green onions. Bring to a simmer and cook for 30 minutes. Add additional liquid only if necessary to cover. Once cooked, remove the tempeh and place on a rack or plate to cool.

Step 2: Seasoning the Tempeh

- 2 tsp ground cumin
 - 2 tsp red chile powder
 - 1/2 tsp Mexican oregano
 - 1/2 tsp sea salt
- In a small bowl, combine the cumin, red chile powder, oregano and salt. Use this mixture to liberally coat the simmered tempeh.
- If you prefer bite-size pieces of tempeh, you can slice each piece into 3 or 4 small pieces before seasoning.

Step 3: Sautéing the Vegetables

- 1 tsp olive oil
 - 1 onion, thinly sliced
 - 1 red bell pepper, thinly sliced
 - 3 cloves garlic, sliced
 - sea salt, to taste
- In a large fry pan, heat 1 teaspoon of oil and sauté the onion and peppers until just soft. Add the garlic and stir until just aromatic. Remove the vegetables and set aside.

Step 4: Pan Frying the Tempeh

- 1 tbsp olive oil

In the same fry pan as you used to cook the vegetables, heat the remaining tablespoon of oil and add the tempeh. Pan-fry, turning frequently, just until browned and being sure to keep the heat moderate as to not scorch or burn the seasoning on the tempeh.

Add the cooked vegetables back to the pan to reheat and incorporate them with the tempeh. Add a few tablespoons of water or other liquid if the mixture seems dry.

Step 5: Building the Tacos

- 12 corn tortillas, fried or grilled
- 1/2 cup fresh cilantro, chopped
- 1 lime, juiced
- 1/2 orange, segmented

To assemble the taco, spoon some of the tempeh and vegetable mixture onto a griddle-toasted corn tortilla. Garnish with cilantro leaves and a bit of fresh lime juice. Serve with fresh orange slices.

See notes section for more serving suggestions.