



Tempeh Bolognese

Active Time: 15 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

293.6 calories, 13.19 g carbohydrate, 1.75 g fiber, 11.44 g NET carbs, 12.29 g protein, 20.69 g fat

Ingredients

- 2 clove(s) organic garlic, crushed
- 1 medium organic onion, chopped
- 2 medium(s) organic tomatoes, diced
- 1 Tbsp organic tamari (gluten free soy sauce)
- 1 cup organic crimini mushrooms, chopped
- 4 Tbsp(s) organic extra virgin olive oil
- 2 tsp(s) dried organic oregano
- 1 tsp organic red pepper flakes
- 1/2 cup(s) organic red wine
- 2 tsp(s) dried organic basil
- 8 ounce(s) organic tempeh

Preparation

1. Pulse the tempeh in a food processor or Magic Bullet to crumble.
2. Add oil to a medium, safe nonstick skillet over medium heat.
3. Add tempeh and sauté, stirring continuously just until golden.
4. Add the garlic, onion and red pepper and sauté; for 2 minutes.
5. Add the tamari, red wine, oregano, mushrooms, basil and tomatoes.
6. Simmer for 15 minutes.
7. Serve.

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