Tempeh with Tahini

Active Time: 15 minutes | **Total Time:** 1 hour | **Serves:** 4

Nutrition Information Per Serving

276.9 calories, 19.41 g carbohydrate, 3.95 g fiber, 15.46 g NET carbs, 14.97 g protein, 17.23 g fat

Ingredients

- 2 Tbsp(s) Eden Foods Organic Genmai (Brown Rice) Miso
- 2 cup(s) Pacific Organic Vegetable Broth (Low Sodium)
- 1 medium organic red bell pepper, chopped
- 1 tsp organic tamari (gluten free soy sauce)
- 2 tsp(s) organic virgin coconut oil
- 1 medium organic scallion, chopped
- 2 large(s) organic onions, chopped
- 4 Tbsp(s) organic tahini
- 1 Tbsp organic apple cider vinegar
- 8 ounce(s) organic tempeh, cut in small cubes

Preparation

1. Add oil to a large saucepan. Add onions and pepper and sauté 3 minutes, stirring.
2. Add the vegetable stock, miso, and tempeh.
3. Simmer for 40 minutes. Remove skillet from heat.
4. In a small bowl, mix vinegar, soy sauce and tahini. Stir into tempeh mixture.
5. Garnish with scallions.
6. Serve.

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