



Vegan Tempeh Sloppy Joes

NIBBLEDISH CONTRIBUTOR

Ingredients

- 8 oz Regular Tempeh, crumbled
- 1 small onion, chopped
- 1 green bell pepper, chopped
- 2 cloves of garlic, minced
- 1 tsp Chili powder
- 1 tsp cumin
- 2 tbsp soy sauce
- 1 15 oz can tomato sauce
- salt and pepper
- 1/4 cup vegetable oil
- Hamburger buns or crusty bread

Instructions

So I bought some Tempeh not knowing what to do with it. I searched the web and found this recipe! It is strangely delicious!

Heat oil in a heavy saute pan on medium high. Add tempeh. Cook tempeh until it's crisp and golden. Add Onions and bell peppers and saute until soft and translucent. Cook garlic until fragrant and add spices. Saute for 2 minutes or so. Add tomato sauce and simmer for 10 minutes or until thick. Season with salt and pepper. Serve on toasted hamburger buns. Enjoy! :)