



Tempeh Stir Fry

3 Tbls Soy Sauce or Coconut Aminos

1 Tbls Fish Sauce

1 Tbls Sesame Oil

1 Tbls Rice Wine Vinegar

1-2 Tsp grated ginger

2 cloves garlic minced

1 tsp brown sugar

1 tsp dijon mustard

8 ounces tempeh

1 Tbls olive or avocado oil

4 cups chopped vegetables (suggestions - broccoli, carrots, bok choy, mushrooms, bean sprouts, cabbage, red bell peppers, snow peas, zucchini, water chestnuts, spinach, swiss chard, eggplant, onions)

Pinch of red pepper flakes (optional)

Sprinkle of sesame seeds

Whisk together top 8 ingredients to make a marinade. Dice tempeh in 1 inch cubes and add to marinade. Let sit for 10-15 minutes. While tempeh is marinating, heat olive oil in a sauté pan or wok. Add chopped vegetables and cook for a few minutes. Add marinated tempeh and about half of the marinade and continue stir frying until vegetables are cooked to desired tenderness and tempeh is heated thru. Add red pepper if you like your stir fry a little spicy! Sprinkle with sesame seeds and enjoy!!