

# Barbecue Tempeh



TOTAL TIME

20 mins



COURSE

Dinner, Lunch



SERVINGS

2 servings

CALORIES

369 kcal

## EQUIPMENT

- skillet or small saucepan

## INGREDIENTS

- $\frac{1}{4}$  cup ketchup
- $\frac{1}{4}$  cup soy sauce tamari or soy aminos for gluten free
- $\frac{1}{4}$  cup maple syrup
- $\frac{1}{4}$  tsp crushed red pepper
- 1 tsp onion powder
- 2 tsp liquid smoke
- $\frac{1}{2}$  cup vegetable broth
- 1 package of tempeh

## INSTRUCTIONS

1. In a skillet or a small saucepan, combine ketchup, soy sauce, maple syrup, crushed red pepper, onion powder, liquid smoke and vegetable broth.
2. Bring to a boil and add the tempeh.

3. Reduce the heat and let it simmer until the sauce has thickened turning the tempeh once halfway through cooking.
4. Remove the tempeh from the sauce, baste with the rest of the sauce and serve. in a bun, with a salad or fries.

## NUTRITION

### Nutrition Facts

Barbecue Tempeh

**Amount Per Serving**

<b>Calories</b>	369	Calories from Fat	56
<b>% Daily Value*</b>			
<b>Fat</b>	6.2g	<b>10%</b>	
<b>Carbohydrates</b>	53.4g	<b>18%</b>	
<b>Protein</b>	26.9g	<b>54%</b>	

\* Percent Daily Values are based on a 2000 calorie diet.

KEYWORD  
gluten free

### Tried this recipe?

Let us know how it was!