

Tempeh Taco Bowl

Web Recipe · Dinner · GF

490 cal · 28g protein · 55g carbs · 18g fat · 4 servings

Ingredients

- 2 packages (8 oz each) tempeh crumbled
- 1 tbsp olive oil
- 2 tbsp soy sauce
- 1 tbsp chili powder
- 1 tsp cumin
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1.5 cups dry jasmine rice cooked
- 1/4 cup fresh cilantro
- juice of 1 lime
- 1 can (15 oz) black beans warmed
- 1 cup pico de gallo
- 1 avocado diced
- 1 cup shredded purple cabbage

Instructions

1. Cook jasmine rice according to package directions. Toss with fresh cilantro and lime juice.
2. Crumble tempeh into small pieces. Heat olive oil in a skillet over medium-high heat.
3. Add crumbled tempeh, soy sauce, chili powder, cumin, smoked paprika, and garlic powder. Cook 8 minutes until browned.
4. Warm black beans in a saucepan or microwave.
5. Assemble bowls: place cilantro-lime rice in the base. Top with seasoned tempeh, black beans, shredded cabbage, pico de gallo, and diced avocado.
6. Serve with hot sauce and lime wedges.

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