

Barbecue Tempeh



TOTAL TIME

20 mins



COURSE

Dinner, Lunch



SERVINGS

2 servings

CALORIES

369 kcal

EQUIPMENT

- skillet or small saucepan

INGREDIENTS

- ¼ cup ketchup
- ¼ cup soy sauce tamari or soy aminos for gluten free
- ¼ cup maple syrup
- ¼ tsp crushed red pepper
- 1 tsp onion powder
- 2 tsp liquid smoke
- ½ 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	
Calories 369	Calories from Fat 56
% Daily Value*	
Fat 6.2g	10%
Carbohydrates 53.4g	18%
Protein 26.9g	54%
* Percent Daily Values are based on a 2000 calorie diet.	



KEYWORD

gluten free

Tried this recipe?

Let us know how it was!