

Tempeh Picadillo

A unique way to use tempeh and make a delicious Mexican style dinner. Pair this with tortilla or brown rice, or if your macros are lower, sauteed fajita veggies like peppers, onions and mushrooms!



PREP TIME

10 mins

COOK TIME

30 mins

TOTAL TIME

40 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

4 servings

CALORIES

305 kcal

INGREDIENTS

- 1 lg Onion chopped
- 1/2 c vegetable broth
- 16 oz Tempeh
- 2 cloves garlic
- 1 tsp oregano
- 1 tsp cumin
- 1/4 tsp black pepper
- 1/4 tsp cayenne
- 1/2 tsp salt
- 15 oz diced tomatoes with chilis canned
- 1/3 c green olives with pimento chopped
- 1/3 c Raisins
- 4 Tbl olive brine

INSTRUCTIONS

1. In a very large skillet, over medium heat, sauté the onions until translucent in cooking spray for about 5 minutes.
2. Crumble in the tempeh, and cook for an additional 5 minutes, stirring frequently.
3. Stir in garlic, oregano, cumin, pepper and salt.
4. Allow the spices to toast in the pan for about 30 seconds before adding the bullion, and the full can of tomatoes and chilis, scraping the pan with your spatula to get all of the good bits off the bottom of the pan.
5. Reduce heat to a simmer, cover, and let simmer for 20 minutes.
6. Fold in olives, raisins and brine.
7. Can be served with tortillas, chips, over salad or with rice and beans.

NUTRITION

Nutrition Facts

Tempeh Picadillo

Amount Per Serving

Calories 305 Calories from Fat 81

% Daily Value*

Fat 9g **14%**

Carbohydrates 34g **11%**

Protein 23g **46%**

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



Tried this recipe?

Let us know how it was!