

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
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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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