

Tempeh Bacon



PREP TIME

1 d

COOK TIME

10 mins

TOTAL TIME

1 d 10 mins



COURSE

Breakfast, Lunch, Snacks



SERVINGS

4 servings

CALORIES

168 kcal

INGREDIENTS

- 1 8oz package tempeh
- 3 Tbsp soy sauce or tamari
- 2 Tbsp maple syrup
- 1 Tbsp olive oil
- 1 tsp Frank's Red Hot Sauce can substitute apple cider vinegar
- 1 tsp liquid smoke can substitute smoked paprika
- ½ tsp freshly ground black pepper

INSTRUCTIONS

1. Slice the tempeh into 1/4-inch strips crosswise or lengthwise, depending on how long you'd like your "bacon" strips. Place the sliced tempeh in a wide shallow dish.
2. In a small bowl, stir the soy sauce, maple syrup, olive oil, Frank's RedHot sauce, liquid smoke, and black pepper until combined. Pour the marinade over the tempeh, cover tightly with plastic wrap, and refrigerate for at least 1 hour or up to 24 hours.
3. Bake in oven on a parchment paper-lined cookie sheet for 8 minutes at 400°F.

NUTRITION

Nutrition Facts

Tempeh Bacon

Amount Per Serving

Calories	168	Calories from Fat	88
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		% Daily Value*	
Fat	9.8g	15%	
Carbohydrates	11.4g	4%	
Protein	11.3g	23%	

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



KEYWORD

gluten free

Tried this recipe?

Let us know how it was!