







TEMPEH BBQ "RIBS"

SERVES: 4 (approx. 4 oz. tempeh each) Prep Time: 10 min. Cooking Time: 22 min.

CONTAINER EQUIVALENTS (per serving):  1  ½  1

VEGAN CONTAINER EQUIVALENTS (per serving):  1  B ½  1

16 oz. organic tempeh (approx. 3 cups)
1 Tbsp. chili powder
1 tsp. ground smoked paprika
½ tsp. garlic powder
½ tsp. onion powder
½ tsp. ground cumin
¼ tsp. sea salt (or Himalayan salt)
1 Tbsp. olive oil
¾ cup **Vegan BBQ Sauce**, *divided use*
(see separate recipe for **Vegan BBQ Sauce**)

SPECIAL EQUIPMENT:


Parchment paper
Nonstick cooking spray

1. Preheat oven to 400° F.
2. Line a baking sheet with parchment paper. Coat with cooking spray. Set aside.
3. Place tempeh in large skillet and add enough water to cover tempeh; cover. Bring to a low boil over medium heat. Cook for 10 minutes. Remove from water and set aside.
4. Mix together chili powder, paprika, garlic powder, onion powder, cumin, and salt in a small bowl. Rub outside of tempeh liberally with spice mixture.
5. Wipe out pan with a paper towel. Heat olive oil over medium-high heat until fragrant. Cook tempeh, 1 to 2 minutes per side, until golden brown.
6. Coat tempeh with ¼ cup Vegan BBQ Sauce and place on prepared pan. Bake for 10 minutes, or until tempeh is cooked through.
7. Cut tempeh into rib-sized portions and serve with *remaining* ½ cup Vegan BBQ Sauce (2 Tbsp. per portion).

RECIPE NOTE:

Tempeh is often gluten-free. Be sure to check the nutrition label to ensure you purchase a gluten-free product.

NUTRITIONAL INFORMATION (per serving): Calories: 303 Total Fat: 12 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 130 mg Carbohydrates: 26 g Fiber: 13 g Sugars: 8 g Protein: 22.5 g

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the  icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



VEGAN BBQ SAUCE

SERVES: 12 (2 Tbsp. each) Prep Time: 7 min. Cooking Time: 23 min.

CONTAINER EQUIVALENTS (per serving): ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½

- 2 Tbsp.** apple cider vinegar
- 2 Tbsp.** pure maple syrup
- 1 cup** reduced-sodium vegetable broth
- 1 cup** all-natural ketchup, gluten-free
- 1 Tbsp.** orange marmalade
- 1 Tbsp.** Worcestershire sauce, vegan, gluten-free
- 1 tsp.** onion powder
- 1 tsp.** garlic powder
- 1 tsp.** ground smoked paprika
- ½ tsp.** ground black pepper
- ½ tsp.** chili powder
- ½ tsp.** ground cumin
- ¼ tsp.** ground allspice
- ¼ tsp.** sea salt (or Himalayan salt)

- 1.** Combine vinegar and maple syrup in medium saucepan over medium-high heat; cook for 3 minutes, until liquid just begins to caramelize.
- 2.** Whisk in broth, ketchup, marmalade, Worcestershire sauce, onion powder, garlic powder, paprika, pepper, chili powder, cumin, allspice, and salt. Reduce heat to medium-low; cook for 20 minutes, or until mixture slightly thickens.

NUTRITIONAL INFORMATION (per serving): Calories: 46 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 136 mg Carbohydrates: 10 g Fiber: 0 g Sugars: 9 g Protein: 0 g

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