

Sauteed Tempe Beans

Author: Budi Aryo Yuli Utomo
Preparation: Less than 15 minutes
Cooking: 30 to 45 minutes
Yield: 7 porsi
Cuisine: Indonesian
Meal: Main Course
Season: Summer



Sauteed tempe beans are traditional Javanese cuisine that combines tempe and beans. The protein content of tempe and fiber from beans makes it a healthy food that is cheap and easy to prepare.

Bahan

1	Tempe	2	Galangal
1	Bean	1	Lemongrass
4	Chili		Soy sauce (tamari)
3	Garlic		Salt
3	Onion		

Directions

Wash beans, bay leaves, lemongrass, and lime leaves until clean.

Cut tempe and beans into small pieces.

Prepare a frying pan that has been given a little cooking oil, turn on the stove. Add red chili, garlic, onion, bay leaves, galangal, lemongrass, and orange leaves. Saute for a while, then add $\frac{1}{2}$ cup of water (about 100-150 ml).

Add the pieces of tempe, mix with spices. Add salt and soy sauce to taste. Go back and forth between the dishes for about 10 minutes.

Enter the beans, go back and forth until the beans are tender.

Ready to be served.