



Italian Seasoned Tempeh w/ Zucchini Noodles (zoodles)

(adapted from Karissa's Vegan Kitchen - <https://www.karissasvegankitchen.com/crumbled-tempeh-sausage/>)

Yield: 4 servings

Prep time: 15 min plus 10 min for Zoodles

Total time: 15 min cook; total time 40 min

Ingredients *(organic when possible)*

1 package tempeh (I prefer Lightlife)	1 tsp smoked paprika
1 tbs walnut or grapeseed oil (use a nut oil if possible, extra as needed)	1/4 tsp freshly ground black pepper
1 tsp garlic powder	pinch of red pepper flakes
1 tsp onion powder	1 tbs tamari or light soy sauce
1/4 tsp dried thyme	1 tsp Worcestershire
1/2 tsp dried sage	1 clove garlic, finely minced or pressed
1/2 tsp dried oregano	1-2 cups water (divided)
	2 zucchini spiralized (or store bought)

Directions

1. In medium skillet add whole block of tempeh, add water to almost cover tempeh in pan. Bring to boil, reduce heat to med and cook for 5 min. Turn tempeh over and cook add'l 5 min. Remove tempeh from pan, discard water.
2. Break tempeh into 1" pieces in food processor. Pulse in short bursts until tempeh is crumbled into smaller pieces. Do not over pulse. You can also break the tempeh up by hand.
3. In skillet over med high heat add oil. When hot add crumbled tempeh and seasonings to pan. Mix well until fragrant. Stir gently as you don't want tempeh to break up too much more.
4. Add remaining water to moisten mixture, reduce heat and simmer until water has mostly evaporated. (Save 1/2 in sealable container for later use)
5. Add your favorite marinara (low sodium) to the remaining tempeh in pan (or skip, still delicious). Heat through, add zoodles to the pan and cook on med low for 4-6 min, or until the zoodles are tender but al dente.

Special Diet Information

Diabetic friendly. Vegan.

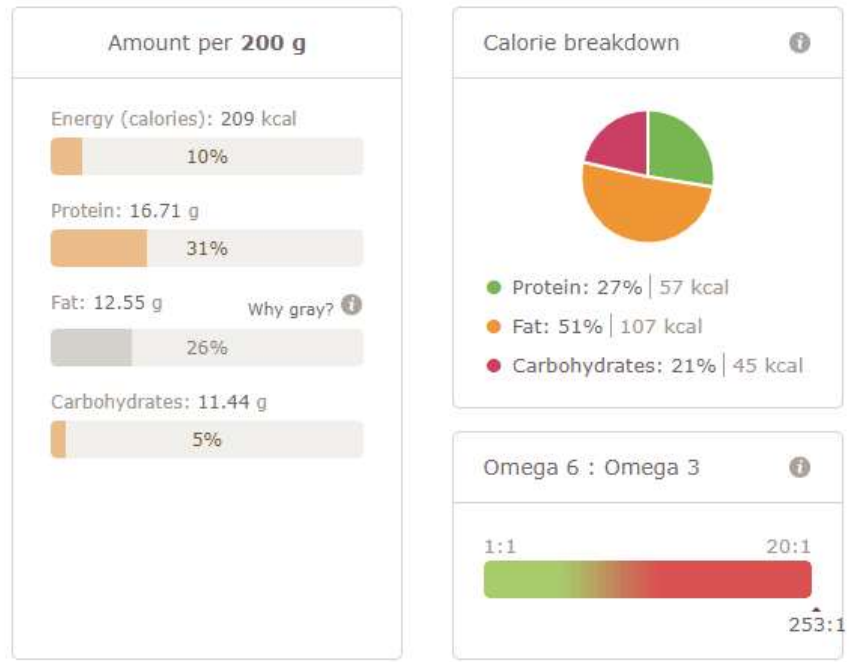


Figure 1- courtesy of HappyForks.com