

Tempeh Tacos

Serves 4-6

Ingredients

- 2 tbsp. canola oil
- 1 medium onion, diced small
- 1 tbsp. minced fresh garlic
- ¼ cup canned chipotle chilies in adobo sauce, finely chopped
- 1 tbsp. ground cumin
- 1 tbsp. ground coriander
- 1 tbsp. dried oregano
- 1 medium bell pepper, diced small
- Two 8-oz. packages tempeh, crumbled
- 15-oz. can black beans, drained and rinsed
- 1 and ½ cups corn (frozen is fine)
- 1 and ½ cups canned petite diced tomatoes
- Salt and pepper to taste
- Tortillas
- Homemade or store-bought guac or salsa



Directions

- 1) In a large sauté pan, heat up the oil with the onion and garlic and cook just until the onions have softened, about two minutes. Add the chipotles, cumin, coriander, oregano, bell pepper and tempeh and cook for about five minutes, or until the bell pepper has softened and the tempeh is slightly golden brown.
- 2) Add the black beans, corn, and tomatoes and cook for about five more minutes, until heated through. Season with salt and pepper to taste.
- 3) Serve in warmed tortillas, topped with guac or salsa. Enjoy!