

Blackened Tempeh

Course: Dinner, Lunch, Main Course, Salad

Cuisine: Cajun, Dairy-free, Gluten-Free

Keyword: Cajun, Tempeh, WFPB, WFPBNO

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Ingredients

- 12 oz tempeh or 2 6-oz. packages
- water or vegetable stock
- ¼ cup Blackening Seasoning

Instructions

1. Slice tempeh crosswise into ¼ inch thick slices and put onto a plate or baking dish.
2. Brush tempeh with water or vegetable broth to just moisten, flip and repeat.
3. Sprinkle liberally with Blackening Seasoning. Flip and repeat.
4. Heat skillet to medium. Place in prepared strips, half at a time. Allow to caramelize, adjusting heat as needed so they don't burn, 2-3 minutes. Add a little water or vegetable stock if they start to stick. Flip and repeat, adding a little water or stock as needed. Flip two more times so both sides are blackened and caramelized.
5. Remove to plate and repeat with remaining slices. Serve as desired.

Notes

This is a great element for dinner as standalone main, in Cajun-Mexican fusion tacos, wraps, sandwiches, on salads, crumbled into Dirty Rice, Jambalaya, or Gumbo. Very versatile!

Store in container in refrigerator 2-3 days.

Recipe from Trimazing! Vegan Lifestyle Coaching www.trimazing.com