

Mexican BlackBean Tempeh

(from the Tempeh Shop Brooklyn)

Ingredients:

8 oz Black Bean Tempeh, chopped	1/2 tablespoon extra virgin olive oil
1 cup onion, chopped	2 Cloves garlic, minced
1 1/2 cups tomatoes, chopped	1 cup cold water
1/2 teaspoon salt, or to taste	2 teaspoons ground cumin
2 teaspoons ground coriander	2 teaspoons paprika
1 jalapeno pepper, minced (optional)	Juice of 1 lime
Leaves of 2 fresh cilantro springs, chopped	

Directions:

In a skillet, sautee onions and garlic in olive oil until lightly browned. Add the remaining ingredients, except the fresh cilantro and lime juice, and simmer covered for 35 minutes to meld the flavors. Just before serving, top with fresh cilantro leaves and lime juice to taste.

This works well in most simple Mexican-inspired recipes. Nestled inside burritos or tacos, scooped on top of nachos or over rice, the possibilities for this one are endless! Goes very well with fresh-made salsa. To spice it up a bit, roast a jalapeno pepper directly over the flame on your kitchen stove until it is nicely blackened, remove the seeds, chop it up and throw it into the mix...es muy delicioso!