

# Tempeh “Bacon”

(From *The 30 minute Vegan* by Mark Reinfeld and Jennifer Murray)

## ***Ingredients:***

- 3 Tbspn tamari
- 1 Tbspn maple syrup
- ½ tspn onion powder
- 3 Tbspn water
- ½ tspn garlic powder
- 8 oz Tempeh, sliced into thin strips
- ¼ tspn liquid smoke

## ***Directions:***

Place all ingredients except the tempeh in a shallow dish and whisk well. Add the Tempeh and marinate for 10 minutes, (or overnight for fuller flavor) flipping frequently.

You have two options for cooking:

1) A healthier version is to preheat the oven or a toaster oven to 350 degrees F and place the Tempeh on a well-oiled baking sheet. Bake for 8 minutes, flip, and bake for another 7 minutes.

OR

2) For the full crispy, almost-like-bacon-effect, place 2 tablespoons of coconut oil or your favorite oil in a medium-size sauté pan. Saute the Tempeh over medium-high heat until crispy, flipping occasionally to cook both side evenly.

Serve with tomatoes and lettuce on toast, as a breakfast side, or any way you wish and enjoy!

*(\*\*Try adding 1 teaspoon of smoked paprika instead of the liquid smoke in this recipe and others that call for liquid smoke.)*