

Tempeh & Quinoa Bowl

From meghantelpner.com

Total Servings: 6

Prep & Cook Time: 40 minutes

Ingredients:

1 ½ cups quinoa, cooked
2 blocks (8oz.) Tempeh, cubed
1 red onion, diced
½ red cabbage, shredded
1 head broccoli, chopped fine

Dressing Ingredients:

2 Tbspn Olive Oil
1 Tbspn Tamari
2 tsp Sesame Oil
1 ½ cups Tahini
½ cup Lemon Juice
2 cloves garlic, minced
1 ½-2 cups water (depending on how thick you like your dressing)
Sea salt to taste
Cayenne pepper to taste

Directions:

- Rinse quinoa and place in pot. Add 3 cups water. Bring to a boil and then turn down heat. Let simmer covered until quinoa absorbs all the liquid, about 15 minutes.
- In a separate, large pot, add olive oil, sesame oil, and tamari over medium heat. Add Tempeh and sauté until golden brown.
- Toss veggies in with Tempeh and sauté for another 5-10 minutes. Turn off heat.
 - Add cooked quinoa to the pot and toss together. Set aside.
- Blend tahini, lemon juice, garlic and 1 ½ to 2 cups water together.
 - Add salt and cayenne pepper to dressing to taste.
- Dress each bowl individually just before serving. Enjoy!