

# **Barbequed Tempeh**

From [www.recipezaar.com](http://www.recipezaar.com):

## **Recipe Ingredients:**

1 lb (2 packages) Tempeh, cut into 1/2 inch-wide strips

2 Tbspn Olive Oil

1 small yellow onion, minced

1 garlic clove, minced

1 1/2 tspns peeled and mince fresh ginger

1 (14oz.) can (or fresh) crushed tomatoes

1/4 cup un sulphured molasses

1 Tbspn Dijon mustard

3 Tbspn tamari

1 Tbspn vinegar

1/8 tspn cayenne

## **Directions:**

Place the Tempeh in a medium sized saucepan with water to cover, bring to a simmer, and cook for 10 minutes. Drain the Tempeh and pat dry. Set aside.

Heat the oil in a large skillet or wok over medium heat. Add the Tempeh and cook, turning until browned on both sides, about 5 minutes total. Remove with a slotted spoon and set aside.

Add the onion, garlic, and ginger to the skillet, cover and cook, stirring a few times, until softened, about 5 minutes.

Stir in the tomatoes, molasses, mustard, tamari, vinegar and cayenne and bring to a boil.

Reduce the heat to low and simmer, stirring occasionally, to thicken the sauce slightly and develop the flavors, about 15 minutes.

Return the Tempeh to the sauce and cook for 10 minutes longer and then serve.