



TEMPEH TACO FILLING

Makes 7 servings | Serving size: 1 cup

PREP TIME

5 min

COOK TIME

10 min

TOTAL TIME

15 min

This is a filling meal, full of plant-based protein, and delicious. It's also quick, easy, and versatile. We used it in tacos, on salads, and even over quinoa bowls.

Ingredients

- 1 tablespoon olive oil
- 16 ounces original tempeh
- ¼ cup taco seasoning
- 1 bell pepper, chopped
- ½ red onion, diced
- 1 (15-ounce) can kidney beans



Directions

1. Heat olive oil in a skillet over medium heat.
2. Add remaining ingredients and sauté until veggies are tender.
3. Enjoy however you'd like!