



## Tempeh Taco Bowl

2 servings

20 minutes

### Ingredients

85 grams Quinoa  
15 milliliters Avocado Oil  
200 grams Tempeh (crumbled)  
3 grams Chili Powder  
2 grams Cumin  
500 milligrams Oregano  
2 grams Sea Salt  
1 Jalapeno Pepper (small, seeds removed and finely chopped)  
1 Tomato (large, diced)  
1 Lime (juiced, divided)  
4 leaves Romaine (chopped)

### Directions

- 1 Cook the quinoa according to package directions.
- 2 Heat the oil in a pan over medium-high heat. Add the crumbled tempeh and cook for about five minutes until browned. Add the chili powder, cumin, oregano, salt, and jalapeno and cook for another minute more.
- 3 Stir in the tomato and half of the lime juice and continue to cook for another three to five minutes until the tomatoes begin to soften. Add a little bit of water if it starts to stick to the pan. Season with additional salt if needed.
- 4 To serve, divide the lettuce, quinoa, and tempeh between bowls and drizzle with the remaining lime juice. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**More Flavor:** Add other dried herbs and spices to the tempeh or use taco seasoning instead.

**Additional Toppings:** Add avocado, salsa, sour cream, cilantro, green onion, or extra jalapeno.

**No Quinoa:** Use white or brown rice or cauliflower rice instead.