

VEGAN TEMPEH CHORIZO

By Dr. Cindy Tanzar
(Vegan/Vegetarian recipe)

Chorizo is a spicy sausage that is usually made from pork. This very easy recipe uses tempeh and is loaded with flavor. You can control the amount of heat by reducing or eliminating the crushed red pepper. Enjoy chorizo in a lettuce leaf with tomato, onions, salsa and avocado, in a salad topped with our dairy-free sour cream, or as a breakfast meat sauteed with veggies.

One serving is 3.5 oz. There are 2-1/2 servings per recipe. You can use the 1/2 serving with a couple of eggs (vegetarian) or as half your protein for one meal.



INGREDIENTS

- 1-8 oz Lightlife Tempeh Original
- 2 Tbsp avocado oil
- 1/2 tsp Pink Himalayan salt
- 1/2 tsp ground black pepper
- 1 Tbsp Ancho Chile powder
- 1/2 tsp oregano, dried
- 1-1/2 tsp cumin
- 1/4-1/2 tsp crushed red pepper, to taste
- 2 cloves garlic, minced
- 1 Tbsp Bragg's Apple Cider vinegar
- 4-6 Tbsp water



INSTRUCTIONS

Crumble the tempeh into small pieces and set aside. Blend salt, pepper, Ancho Chile powder, oregano, cumin and crushed red pepper in a small bowl and set aside.

Heat the skillet over medium-high heat and add avocado oil. Pan-fry the tempeh until lightly browned – about 3-4 minutes.

Add garlic, spices, vinegar and 4 Tbsp water (1/4 cup) and mix well. Cover and simmer for 10 minutes, stirring frequently. As the tempeh absorbs the water, you may need to add 2 more Tbsp of water or to the consistency you like.