

# *The Art of Cuisine*



## **Vegan Spicy Tempeh Soft Tacos**

1 block tempeh (in the Natural Foods Dept.), crumbled  
2 tbsp. olive oil  
1 red bell pepper, chopped  
1 onion, chopped  
1/2 cup low-sodium vegetable broth or water  
1 cup cooked or canned black beans or pinto beans, drained  
1 tbsp. garlic powder  
1/2 tbsp. chili powder  
1/2 tsp. cayenne pepper (can leave out if you don't want spicy)  
8 whole wheat tortillas  
1 tomato chopped  
Chopped lettuce and avocado slices

Sauté tempeh in olive oil in a large skillet for about 3 minutes. Add pepper and onion; sauté for 5 minutes more. Add broth, beans and spices; cook for 5 minutes or until most of the liquid has evaporated. Serve in tortillas with lettuce, tomato, salsa and avocado.

Makes 8 servings.

[www.TheArtofCuisine.com](http://www.TheArtofCuisine.com)

Email: [ArtofCuisine1@yahoo.com](mailto:ArtofCuisine1@yahoo.com)

Sign up for the newsletter to get more exclusive recipes, like these that only newsletter subscribers get. In addition to recipes you subscribers have access to free cooking videos, and cooking and health tips and much more....

Sign up Today! <http://www.theartofcuisine.com/newsletter.htm>