

Tempeh Scramble

(C, D, E, G, (N), V)

Ingredients

1 lb tempeh
2 tbsp kamut flour
1 tbsp olive oil (for sautéing)
4-5 cups chopped mixed vegetables of your choice (e.g. carrots, zucchini, squash, onions, peppers)
 Note: avoid peppers if sensitive to night shades
1 clove garlic crushed
1 tsp onion powder
1 tsp paprika
½ tsp sea salt
¾ tsp turmeric
1 tsp curry powder
Black pepper to taste
Dash cayenne pepper (optional)

Directions

1. Drain tempeh and cut and crumble into medium size pieces
2. Combine flour with all dried spices
3. Sauté onions over medium heat with olive oil until soft, then add other vegetables and continue sautéing until they are partially cooked.
4. Add crumbled tempeh, crushed garlic cook 2 minutes longer
5. Add spice and flour mixture with water
6. Continue sautéing until the vegetables are cooked to your liking (min approximately 2 min to avoid the taste of uncooked flour).
7. Serve!

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