

# SMOKY TEMPEH



## INGREDIENTS:

- 3 oz tempeh
- 1/2 tsp liquid smoke
- 1 tsp low sodium soy sauce
- 1/2 tbsp paprika
- 1 stevia packet

## DIRECTIONS:

- 1) Combine liquid smoke, soy sauce, paprika, and stevia. Mix well
- 2) Heat a pan on medium heat
- 3) Once pan is hot add sliced tempeh and marinade
- 4) Steam the tempeh for around 10 minutes or until all liquid evaporates. Flip halfway to ensure strips are fully coated
- 5) Toss tempeh around the pan to pick up more of the smoky glaze

Enjoy!

Makes 1 Serving

Calories: 207 | Protein: 20 g | Carbs: 14 g | Fat: 9 g | Fiber: 12 g