

Tempeh Hash | No Oil

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Preparing the Tempeh

To prepare the tempeh: in a sauce pan, add the tempeh and vegetable stock to cover. Simmer for approximately 10 to 15 minutes. Remove the tempeh, let cool, dice and set aside.

Step 1: Preparing the Tempeh

- 1 block tempeh (approx. 350 g/12 oz)
- 3 cups vegetable stock

Step 2: Preparing the Hash

- 350 g/12 oz diced tempeh (as prepared above)
- 1 1/2 cups potatoes, peeled and small diced
- 1/2 cup red onion, diced
- 3 to 4 garlic cloves, minced
- 1/2 cup cubed bell pepper
- 1 tsp Chili Powder or paprika*
- freshly ground black pepper, to taste
- 2 tbsp low-sodium tamari
- 2 tbsp fresh parsley, chopped
- sea salt to taste (optional)

Preheat oven to 375° F (177°C)

Line a large baking sheet with parchment paper.

In a large mixing bowl, toss all ingredients except parsley (you will add parsley after baking) until tempeh and potatoes are well coated. Spread out onto the parchment-lined baking sheet. Place in oven and set a timer for 20 minutes.

After 20 minutes of baking, stir or toss the hash to flip the pieces over. Then cook another 20 minutes or so until the potatoes are tender and golden brown.

Once cooked through, turn ingredients into a serving dish, add in the chopped parsley, toss gently and serve.

Delicious as a one-bowl breakfast meal or served on a bed of mixed greens with diced avocado or a dollop of cashew cream.

Note: The amount of chili powder, is based on this [Chili Powder Recipe](#). If using another chili powder, you may want to use more or less, depending on how spicy the chili powder is.