

TEMPEH BURRITO BOWL

Serves 4 | Prep: 15 mins | Cook: 10 mins

Difficulty level: Easy



INGREDIENTS

- 8 ounces tempeh, crumbled
- 1 cup water
- 1 tablespoon vegetable oil
- 1 tablespoon tomato paste
- 2 teaspoons chili powder
- ½ teaspoon paprika
- ½ teaspoon cumin
- ¼ teaspoon oregano
- ¼ teaspoon garlic powder
- Salt and pepper to taste
- 4 cups rice, cooked
- Toppings of choice (salsa, sour cream, shredded cheese, corn, bell peppers, avocado, tomatoes etc.)

INSTRUCTIONS

1. In a medium skillet, combine crumbled tempeh, water, oil, tomato paste, chili powder, smoked paprika, cumin, oregano, garlic powder, salt, and pepper.
2. Cover and turn to medium heat. Bring to a simmer, stirring frequently. Cook for 10 minutes or until liquid thickens.
3. Divide rice evenly between 4 bowls. Top with tempeh and toppings of choice.