

Tempeh, Cabbage, Carrots and Sauerkraut

½ block of tempeh, cut in 1" cubes

2 Tbsp safflower oil

Sea salt

Filtered water

1 medium onion, sliced thin

2 carrots, julienned

1/2 head of cabbage, finely sliced

½ cup of sauerkraut plus juice

Splash of Mirin and shoyu, optional

Boil tempeh in water for 5 minutes. Drain. Saute tempeh in safflower oil until lightly browned. Set aside.

Saute onion in safflower oil. Season lightly with salt. Add a few spoonfuls of water to lightly steam onion. Add carrots and sautee for several minutes. Add water as needed to generate light steaming effect. Add cabbage and saute several minutes. Season with salt as necessary. Add tempeh and add water to almost cover vegetables. Cover and cook at low for 15 minutes. At end of cooking process, add sauerkraut and juice and cook for 2 minutes at low so not to damage beneficial probiotics of kraut. Optional Finish with a splash of mirin and shoyu. Serves 3.

Barbara Vadnais 2/26/2016

