

Tempeh Burrito Bowl

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NUTRITION FACTS

Serving Size:

Serves 4

Per Serving:

Calories: 467 Carbohydrates: 53g

Fat: 20.7g Protein: 22.8g

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

INGREDIENTS

Tempeh Crumble

- 1 tablespoon soybean (vegetable) oil or other oil of your choice
- 1 - 8 ounce block unseasoned tempeh, crumbled up with hands to make ~2 cups total
- 4 teaspoons taco seasoning
- 1/4 cup vegetable broth, plus more as needed to deglaze pan

Bowl

- 2 cups cooked white rice
- 1 small lime, juiced (about 2 tablespoons)
- 1/4 cup chopped fresh cilantro, plus more for serving
- 1 cup black beans, rinsed and drained
- 1 cup fresh or canned corn kernels
- 1 cup pico de gallo or chopped tomatoes
- 1/2 cup shredded mexican blend cheese (sub vegan alternative if preferred)
- 1 large avocado, diced into 1/2-inch pieces
- Lime wedges, for serving

DIRECTIONS

1. Heat oil in a skillet over medium-high heat. Add the crumbled tempeh and cook for 3 minutes until lightly browned, stirring occasionally.
2. Lower heat to medium, then stir in taco seasoning. Add broth or water, mix well, and cook for another 3-4 minutes until the tempeh absorbs the flavors and becomes slightly crispy. (Note: If the pan dries out while cooking and starts to have burnt bits, feel free to add a small splash of broth or water to deglaze the pan.)
3. In a large bowl, mix the cooked rice with lime juice and chopped fresh cilantro until evenly combined.
4. To assemble the bowls, divide the following portions among 4 bowls: 1/2 cup cilantro-lime rice, 1/2 cup tempeh crumbles, 1/4 cup black beans, 1/4 cup corn kernels, 1/4 cup pico de gallo or chopped tomatoes, 2 tablespoons cheese, and 1/4 of the avocado.
5. Add any additional toppings of your choice, garnish with fresh cilantro, and serve with lime wedges on the side.

NOTES

Seasoning Note: If you don't have taco seasoning for the tempeh crumbles, you can also season by using the following: 1 teaspoon chili powder, 1 teaspoon cumin, 1 teaspoon smoked paprika, 1 teaspoon garlic powder, and 1/2 teaspoon salt.

Broth Note: Feel free to use water if you don't have any broth. You may just want to season with a bit more salt in this case.

Rice Note: Feel free to cook fresh rice, use a rice packet, or this recipe is a great way to use up leftover rice! We typically use jasmine rice, but any type should work. You can also substitute for brown rice if preferred.

Avocado Note: If you are storing the bowls, it's a good idea to add a bit of lime juice over the avocado to slow the browning.

Additional toppings:

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| • Sour cream or plain Greek yogurt | • Sliced jalapeños | • Hot sauce |
| • Shredded lettuce | • Fajita peppers | • Crushed tortilla chips |
| • Diced red onions | • Guacamole | |