



## Tempeh Bacon

Yield: 8-9 ounces of tempeh bacon | Prep time: 5 minutes | Cook time: 15 minutes

### Ingredients

1 package of tempeh (250 grams / 8 or 9 ounces)  
2 tablespoons soy sauce or tamari  
1 tablespoon maple syrup  
1 teaspoon liquid smoke  
4-5 tablespoons high heat oil (canola, safflower, sunflower or coconut)

### Directions

1. Cut the tempeh into thin strips.
  2. Place them in a steamer basket over a pot of boiling water, cover and let steam for 10 minutes.
  3. Whisk together the soy sauce, maple syrup and liquid smoke.
  4. Heat a pan on medium-high heat and add half of the oil (reserve the other half for the second batch).
  5. Add half of the tempeh slices. Make sure they don't overlap, and cook them until golden on both sides.
  6. Once golden, remove them from the pan, add the remaining oil and repeat the process with the second batch.
  7. Once all the strips are nicely golden, return all of them to the pan and pour the soy sauce mixture on top. Make sure to move them around frequently as these can burn quickly.
  8. Once all the liquid has evaporated and your tempeh bacon is nicely caramelized, remove and drain on some paper towels, and quickly move them to a separate plate so they don't stick to the paper.
  9. You can use them in sandwiches, on top of salads, as a side for breakfast or brunch, and even in wraps or on top of veggie bowls.
- Enjoy!