Recipe inspiration:
Our Tempeh Taco Bowl is similar to a regular taco salad but it contains no meat and is dairy free!
# Tempeh Taco Bowl

**Ingredients:**
- 1 tbsp canola oil
- 1 pkg (8 oz.) tempeh, crumbled
- 1½ tbsp chili powder
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp oregano
- ½ tsp cayenne (optional)
- 1 tbsp water
- 8 cups chopped romaine lettuce
- 1 cup halved cherry tomatoes
- ¼ cup diced red onion
- 2 tbsp fresh chopped cilantro
- ¾ cup black beans, no salt added, drained and rinsed
- ½ cup corn kernels
- 1 avocado, sliced

**Preparation:**
1. Heat oil in a fry pan over medium heat. Add tempeh, chili powder, onion powder, garlic powder, oregano and cayenne and cook, stirring frequently, for 5 minutes.
2. Add water and stir until almost evaporated. Remove from heat.
3. Divide lettuce, tomatoes, onion, cilantro, black beans and corn equally into 4 bowls.
4. Add tempeh and top with ¼ of the avocado per serving.
5. Serve and Enjoy!

**Did You Know?** Avocados are high in antioxidants, which may help reduce vascular damage and the buildup of bad cholesterol, therefore contributing to our cardiovascular health!

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