

Tempah Taco Bowl

Give It
A Try

**A quick and easy
plant-packed meal.**

This bowl is loaded with nutrients, but it also contains a ton of flavour and colour. It doesn't take long to prepare, so it's a great option for those busy days!



Recipe inspiration:

Our Tempah Taco Bowl is similar to a regular taco salad but it contains no meat and is dairy free!



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Tempeh Taco Bowl



Serves 4 (2 $\frac{3}{4}$ cups per serving)



Ingredients:

- 1 tbsp canola oil
- 1 pkg (8 oz.) tempeh, crumbled
- $\frac{1}{2}$ tsp chili powder
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp oregano
- $\frac{1}{2}$ tsp cayenne (optional)
- 1 tbsp water
- 8 cups chopped romaine lettuce
- 1 cup halved cherry tomatoes
- $\frac{1}{4}$ cup diced red onion
- 2 tbsp fresh chopped cilantro
- $\frac{3}{4}$ cup black beans, no salt added, drained and rinsed
- $\frac{1}{2}$ 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 $\frac{1}{4}$ 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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