



## Test Kitchen Tuesday

Try it. You might like it.

# Tempeh Tacos

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From: [Test Kitchen Tuesday](#)

**Time Required:** 20 minutes, start-to-finish

**Makes:** 3 servings of 3 tacos each

### Ingredients:

- 1 (8) ounce package of unflavored tempeh
- ½ cup cooked bulgur wheat
- 1/2 cup salsa
- 1/2 cup water
- 1 bell pepper, chopped
- 1/2 cup onion, chopped
- 2 teaspoons lime juice
- 1 tablespoon olive oil
- 1-2 tablespoons chili powder (or to taste)
- 1 teaspoon cinnamon
- 2 tablespoons dried cilantro
- 4 oz. Mexican shredded cheese (optional topping)
- Pico de Gallo (optional topping)
- 3 oz. Avocado Slices (optional topping)

### Method:

- Heat olive oil in a medium skillet over medium/high heat. Add onions and bell pepper; sauté until soft.
- Chop or break tempeh into crumbles and add to the onion and pepper along with the bulgur wheat.
- Add cinnamon and chili powder and sauté for about one minute. Add salsa and water and sauté for 2 minutes. Add lime juice and cilantro and sauté for about one minute. Top with 2% Mexican shredded cheese, Pico de Gallo, avocado slices, or, just eat straight up!
- **Note:** A lot of these ingredients are “personal taste” items. I like a lot of chili powder and lime juice/cilantro, you may not like them. Adjust accordingly.
- **Other serving ideas:**
- Serve over one cup cooked bulgur to save calories. A cup of cooked bulgur is only 110 calories and it's really good; Brown rice works too, but has more calories
- Serve with corn tortillas instead of flour for fewer calories; Buy the kind from the freezer section because they generally have no preservatives, therefore, no added salt
- Make tostada shells by baking corn tortillas in the 350 degree oven for about 6-7 minutes and have tostadas

### Nutrition:



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Nutrition Facts	
User Entered Recipe	
3 Servings	
Amount Per Serving	
Calories	204.3
Total Fat	11.1 g
Saturated Fat	1.9 g
Polyunsaturated Fat	2.8 g
Monounsaturated Fat	5.1 g
Cholesterol	0.0 mg
Sodium	222.5 mg
Potassium	441.0 mg
Total Carbohydrate	18.0 g
Dietary Fiber	3.5 g
Sugars	0.4 g
Protein	12.3 g

Vitamin A	21.5 %
Vitamin B-12	0.7 %
Vitamin B-6	15.4 %
Vitamin C	29.5 %
Vitamin D	0.0 %
Vitamin E	4.3 %
Calcium	12.9 %
Copper	25.6 %
Folate	8.0 %
Iron	18.7 %
Magnesium	16.4 %
Manganese	56.5 %
Niacin	12.4 %
Pantothenic Acid	3.3 %
Phosphorus	18.7 %
Riboflavin	15.6 %
Selenium	0.7 %
Thiamin	6.6 %
Zinc	7.4 %