

TEACHING KITCHEN: EASY VEGGIE STIR FRY



SERVES 2

INGREDIENTS

Tempeh

- 1 package (8 oz) tempeh, cubed
- 2 tbsp reduced-sodium soy sauce (tamari for gluten-free)
- 1 tsp garlic powder

Stir-fry

- 2 tsp water or low-sodium vegetable broth
- 1 cup chopped carrots
- 1 cup chopped broccoli
- ½ cup white onion, sliced
- ½ cup sliced white or crimini mushrooms
- 1 bell pepper, sliced
- Salt and pepper to taste

For serving

- 2 tbsp hoisin sauce, for serving (or another store-bought sauce of choice)
- 1 cup cooked brown rice or quinoa

EASY VEGGIE STIR FRY

Nutrient-rich stir fry made with colorful vegetables and protein-packed tempeh. This dish comes together quickly for a weeknight meal and is perfect for meal prep. Feel free to switch up the vegetables based on the season.

INSTRUCTIONS

1. In a small bowl, combine the tempeh, soy sauce, and garlic powder. Mix and set aside.
2. Heat a large skillet or wok over medium-high heat. Add the water or broth, carrot, broccoli, onion, and a pinch of salt. Cook for 4 to 5 minutes, stirring every 30 seconds until the onions are softened.
3. Add the bell pepper and mushrooms and cook for 4-5 minutes until everything is cooked al dente.
4. While the veggies are cooking, place the cubed tempeh on a baking tray and broil in the oven for 5-10 minutes until browned and crispy, stirring once halfway through.
5. Serve the stir-fried veggies in a bowl with cooked brown rice or quinoa, ½ of the tempeh, and 1 tbsp of hoisin sauce.



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INGREDIENTS

- 2 8-oz packages of tempeh, cubed
- 4 tablespoons reduced-sodium soy sauce (tamari for gluten-free)
- 2 teaspoons garlic powder

- 4 teaspoons water or low-sodium vegetable broth
- 2 cups chopped carrots
- 2 cups chopped broccoli
- 1 cup white onion, sliced
- 1 cup sliced white or cremini mushrooms
- 2 small bells peppers or 1 big, sliced
- Salt and pepper to taste

- 4 table spoons hoisin sauce, for serving (or another store-bought sauce of choice)
- 2 cups cooked brown rice or quinoa

