

Chili Lime Tempeh Bowls

Synergy Nutrition

To help save time, use the pre-marinated strips of tempeh.

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15 ingredients · 1 hour 40 minutes · 4 servings



Directions

1. In a shallow bowl or zipper-lock bag combine the paprika, half of the chili powder, half of the cumin, half of the garlic powder, and two-thirds of the salt. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add in the tempeh and gently toss to coat the tempeh in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour keep the tempeh in the fridge.
2. When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
3. Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, salt and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
4. Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28 to 30 minutes, flipping halfway through, or until the vegetables are tender.
5. Meanwhile, cook the quinoa according to the package directions.
6. Divide the quinoa, tempeh and vegetables between bowls and serve with the sliced avocado. Enjoy!

Ingredients

- 1/2 tsp** Smoked Paprika
- 2 tsp**s Chili Powder (divided)
- 2 tsp**s Cumin (divided)
- 1 tsp** Garlic Powder (divided)
- 3/4 tsp** Sea Salt (divided)
- 3** Lime (juiced)
- 1/4 cup** Vegetable Broth
- 1 tsp** Maple Syrup
- 9 oz**s Tempeh (cut into thin pieces)
- 1** Red Bell Pepper (thinly sliced)
- 1** Green Bell Pepper (thinly sliced)
- 1/2** Yellow Onion (thinly sliced)
- 1 tbsp** Water
- 1 cup** Quinoa
- 1** Avocado (sliced)