

TEMPEH/LETTUCE/TOMATO SANDWICH

(replaces a BLT, or just use the strips to replace bacon for other recipes)

- 8-10 ounce package Tempeh strips (or tempeh cakes sliced into strips)
- garlic cloves put through a press
- a few onion slices (to taste)
- bay leaves
- 1/4 cup soy sauce/Braggs/tamari
- 4 thin slices of ginger
- 2 TBSP. molasses
- 1-1/2 tsp. tomato paste
- 1 TBSP. olive oil
- Optional: red pepper flakes, chipotle chilies, thyme sprigs or other herbs.

If using the Tempeh strips already seasoned like bacon you may use them as they are or, add some of the above flavorings. If you are using Tempeh cakes, slice the Tempeh crosswise into thin strips. Combine the rest of the ingredients in a small skillet, bring to a boil and add Tempeh strips. Lower the heat to a simmer and simmer in skillet slowly, covered for 15 minutes {here is where you can add more seasonings based on taste}. Remove the lid and continue cooking until the liquid is absorbed. Then the Tempeh will 'fry' so let it cook/fry until it is glazed and browned, about 5 minutes.

Assemble on bread with lettuce and tomato. (add mayo or other condiments; even a slice of 'cheese').

Or, skip the bread and use in a salad, in a wrap or in any other inventive ways that you like 'bacon'.