

# Beans, Rice And Everything Nice

## Smoky Maple Tempeh



original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)

### Ingredients

*makes 16 strips*

225 grams/8 ounces  
plain gluten-free tempeh, defrosted

#### Marinade

2 Tablespoons gluten-free tamari  
3 Tablespoons maple Syrup  
1 Tablespoon tomato paste  
1 teaspoon rice vinegar  
1 teaspoon BBQ seasoning rub  
(I used Stubbs) **or**  
1/4 teaspoon liquid smoke  
1/4 teaspoon garlic powder  
1/2 teaspoon smoked paprika

1. Cut the defrosted tempeh into 16 strips, set aside. Add the marinade ingredients to a small bowl and whisk to combine.
2. Spread the marinade in a shallow dish like a pie plate, and immerse the tempeh strips into the sauce coating both sides. Let sit 15 minutes to 1 hour.
3. Heat a non-stick pan over medium heat. Add the tempeh strips and cook on one side for 5-7 minutes. Flip and cook the other side for 5 more minutes. Reduce heat if it seems like the tempeh is cooking too fast.
4. Serve the strips in sandwiches or wraps, on salads, or chopped up and sprinkled on baked potatoes.