



Copyright 2021. The Food Fairy. All rights reserved.

Cajun Spiced Tempeh 'n Grits

Serves 4

Ingredients:

1 (8oz) pkg. of tempeh
4 cups vegetable broth
1 tsp salt
1 tsp onion powder
2 tsp garlic powder
1 tsp paprika
1 tsp crushed red chile flakes
¼ tsp cayenne
1 tsp thyme
1 tsp oregano
1 tsp white pepper
¼ cup olive oil for frying

1 pint of cherry tomatoes, quartered
2 TBSP lemon juice
½ tsp salt
1 TBSP olive oil
1 medium-sized leek, sliced thinly into half moons
3 garlic cloves, minced

Grits:

2 cups water
1 cup of vegetable stock
1 cup of stone ground grits
1 cup unsweetened almond milk
½ cup vegan half and half
2 green onions, finely sliced for garnish

Preparation:

1. Cut the tempeh into ½-inch fingers and then slice them in half lengthwise and then in half widthwise.
2. In a medium-sized saucepan bring the vegetable stock to boil and then add the tempeh pieces. Reduce to medium low and simmer for 25 minutes.
3. While tempeh is simmering, chop the tomatoes into quarters, add the lemon juice and salt, give it a stir, cover and put in the fridge.
4. Drain the tempeh in a colander and reserve the stock for use in the grits.
5. Let the tempeh dry in the colander for about 30 minutes while you are making the grits.
6. To make the grits, bring the water and stock to a boil. Slowly whisk the grits into the liquid and then reduce the heat and simmer, stirring frequently, for about 10 minutes until most of the water is absorbed. Add the almond milk and cook for another 10 minutes, stirring frequently until the milk is absorbed. Then add the vegan cream and stir frequently for about 30 minutes.
7. Meanwhile, in a paper bag mix salt, onion powder, garlic powder, paprika, chili powder, chile flakes, cayenne, thyme, oregano, and white pepper, and set aside.
8. In a large skillet heat 1 tablespoon olive oil over medium heat and sauté the leeks and garlic until browned. Transfer to a medium-sized bowl.
9. Also heat ¼ cup olive oil in another skillet over medium heat, and add the tempeh pieces. Fry them for 2-3 minutes on each side until browned. Transfer the tempeh to the spice bag using a fork or a slotted spoon. Close up the bag and shake until all the tempeh is well coated with the spice mix.
10. Combine the tomatoes and tempeh with the leeks and mix well.
11. Top the grits with tempeh mixture and garnish with green onions.

Adapted from: *Cajun-Spiced Tempeh and Creamy Grits*, [cookbookcooks.wordpress.com](https://cookbookcooks.wordpress.com/2010/08/17/gimme-some-soul-cajun-spiced-tempeh-and-creamy-grits/),
<https://cookbookcooks.wordpress.com/2010/08/17/gimme-some-soul-cajun-spiced-tempeh-and-creamy-grits/>