

TEMPEH BOLOGNESE (PRE-MATCH MEAL)

Ingredients

- ☐ 1 Tablespoon olive oil
- ☐ 3 cloves of garlic minced
- ☐ 1 yellow onion chopped
- ☐ 1/2 medium yellow bell pepper chopped
- ☐ 1 8-oz package of tempeh, crumbled
- ☐ 2 cups canned diced tomatoes
- ☐ 2 Tablespoons tomato paste
- ☐ 1 Tablespoon red wine vinegar
- ☐ 1 teaspoon dried oregano
- ☐ 1 teaspoon ground pepper
- ☐ 1/2 teaspoon [sea salt](#)
- ☐ fresh basil thinly sliced, for serving
- ☐ [vegan parmesan](#) for serving
- ☐ cooked spaghetti squash or pasta for serving

Instructions

- In a skillet, heat olive oil over medium-high heat. Add garlic and onion and sauté until fragrant, stirring. Add in bell pepper and crumbled tempeh and sauté for 5 minutes. Reduce heat to medium-low and add diced tomatoes, tomato paste, red wine vinegar, oregano, pepper and salt. Stir until combined. Bring to simmer for 5-6 minutes. Keep on low heat until ready to serve.
- In separate pot, bring water to a boil and cook pasta or spaghetti squash.
- Place pasta on plate, top with tempeh bolognese mixture. Top with fresh sliced basil and parmesan, then serve.