

Tempeh, Onion and Sauerkraut Sandwich

Ingredients:

½ block of tempeh
¼ of onion, sliced thinly in half moons
1 tablespoon sauerkraut
sauerkraut juice
light sesame or toasted sesame oil
sea salt
shoyu
mustard (optional)
unyeasted sourdough bread (optional)

You can slice the size of the tempeh as desired. If you want to slice it in half and then put in a saucepan and add water just shy of the top of the tempeh, cover the saucepan and boil the tempeh for 15 minutes. When it is done boiling, let it cool before you pan fry the tempeh. Heat up the oil in the skillet and sauté the onions. When they are translucent, add a pinch of sea salt and sauté until they start to get soft, add the sauerkraut and sauté for a minute and then add the tempeh to the skillet and pan fry on both sides. Add a drop or two of shoyu when you turn the tempeh. Add the sauerkraut juice and cover. If you want to use mustard, add mustard to the top of the tempeh and cover.

You can either eat this on its own or steam 2 slices of unyeasted sourdough bread and place the tempeh, onions and sauerkraut on top.