

## Spicy buffalo tempeh

Serves 4

8oz tempeh  
1 tablespoon olive oil, divided  
4 cloves garlic, minced  
1/2 cup vegetable broth  
4 tablespoons Frank's Red Hot hot sauce  
2 teaspoons dried oregano  
Salt and pepper



Crumble tempeh into bite-sized pieces and place in large frying pan. Cover with water and bring to boil. Cover pan and allow tempeh to steam for about 15 minutes. After this time, most of the water should be evaporated. Drain remaining water.

Return to stove and drizzle 2 teaspoons of olive oil over the tempeh. Saute for about 7 minutes, until lightly browned. Push tempeh aside and saute the garlic in 1 teaspoon of oil for about 30 seconds, then combine garlic and tempeh.

Add hot sauce, vegetable broth, and oregano and bring to boil, then lower heat to simmer for about 5 minutes. The sauce should reduce by about half. Season with salt and pepper to taste.

*Recipe credit: Adapted from Isa Chandra Moskowitz, Appetite for Reduction*



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