
Tempeh 101

What is Tempeh?

Tempeh ('tehm-pay') is a firm fermented soybean product with a nutty, earthy flavor. Unlike tofu, that is made from soy milk, tempeh is made from whole soybeans that are cooked, and then fermented, creating a dense loaf rich in nutrients.

Why Try Tempeh?

- **Protein Power:** High in protein, it helps build and repair muscles.
- **Digestive Health:** As a fermented food, tempeh provides helpful bacterial called probiotics that contribute to a healthy digestive system.
- **Heart Health:** Contains natural substances (called isoflavones) that may support healthy cholesterol levels.
- **Steady Energy:** The protein and fiber in tempeh can help maintain stable blood sugar.
- **Planet-Friendly:** Uses less land and water and produces less pollution than many animal proteins.

Cooking with Tempeh:

- **Prep It:** You can steam, bake, sauté, pan-fry or grill (try grilled slices in a sandwich such as a TLT – Tempeh Lettuce Tomato!).
- **Flavor Up:** Marinate in sauces (soy, Teriyaki, BBQ or spices) for at least 30 minutes for the best flavor.
- **Crumble it:** Use it like ground meat in chili, tacos, or pasta sauce.
- **Slices and Cubes:** Add stir-fries, sandwiches, or salads.
- **Recipe Inspiration:** Scan for VA's *Asian Tempeh Lettuce Cups* recipe!



<https://www.nutrition.va.gov/docs/Recipes/MainDishes/AsianTempehLettuceCupsSEP2022.pdf>