



Tempeh Tomato Sauce

By Lorna Sass

Here is a robust homemade tomato sauce that features the vibrant flavors of black olives and capers. Serve the sauce over pasta or soft polenta. Add steamed broccoli or green beans to the mix for a complete meal.

4 1/2 cups: 4-6 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Storage: Refrigerate for up to 4 days

Type of Dish: Sauce & Condiments

Ingredients

- 2 tablespoons extra virgin olive oil, divided
- 1 cup onion, chopped
- 1 garlic clove, minced
- 1 8-ounce package tempeh
- 1 28-ounce can crushed tomatoes
- 1/4 teaspoon dried thyme
- 1/3 cup pitted and oil-cured olives
- 2 tablespoons capers, drained
- salt & freshly ground black pepper
- pinch of sugar (Optional for this recipe)
- 2 tablespoons parsley, minced

Instructions

Heat 1 tablespoon of oil in a large saucepan. Stir in the onion and garlic and cook over medium-high heat, stirring occasionally, until the onions are lightly browned, about 3 minutes.

Crumble the tempeh into the onions. Drizzle on the second tablespoon of olive oil. Cook another minute while stirring. Add the tomatoes, thyme, olives, capers, salt and pepper to taste.

Simmer, stirring occasionally, until the tempeh absorbs the flavor of the sauce, 10 to 15 minutes. Add a little water during this time if the mixture becomes dry. Add sugar, if needed, to balance the tomatoes' acidity. Stir in the parsley and serve.



Photo: Lori Eanes Photography