Crunchy Tempeh Tacos with Salsa Fresca

Source: Mary Dutta, Chef Manager at Broome Street Academy

This recipe features tempeh, a high-protein meat alternative made from soybeans!

About the Recipe

353 Calories · 17.4 g Protein · 9.6 g Fiber
Gluten-free · Nut-free

Ingredients

Makes 50 Servings

- 31 ct medium roma tomato, diced
- 3 ct medium red onion, diced
- 6 ct lime juice, fresh squeezed
- 1/3 cup oregano, dry
- 1/3 cup spanish paprika
- 1/3 cup cayenne
- 1/3 cup cumin, ground
- 1/3 cup coriander, ground
- 1/4 cup salt
- 6 pounds 4 ounces Tempeh, crumbled
- 3 pounds 2 ounces Black beans, cooked
- 100 Whole corn taco shell
- 1 cup canola oil
- 1/2 cup water
- 4 cups apple cider vinegar
- 12.5 ct lime juice, fresh
- 1 cup oregano, dry

- 1/3 cup Spanish paprika
- 1/3 cup dark chili powder
- 1/3 cup smoked paprika
- 1/3 cup cayenne
- 1/3 cup cumin, ground
- 1/3 cup coriander, ground
- 1/3 cup onion powder
- 1/3 cup garlic powder
- 3 tablespoons salt
- 1/3 cup decaffeinated instant coffee

Directions

1. For Salsa Fresco, combine tomatoes, red onions, juice from 6 limes, 1/3 cup oregano, 1/3 cup Spanish paprika, 1/3 cup cayenne, 1/3 cup cuin, 1/3 cup coriander, and ¼ cup salt. Set aside and keep cold.
2. In a large pan or shallow bowl, mix together the canola oil, water, apple cider vinegar, juice from 12.5 limes, 1 cup oregano, 1/3 cup of each paprika (Spanish and smoked), 1/3 cup chili powder, 1/3 cup cayenne, 1/3 cup cumin, 1/3 cup onion powder, 1/3 cup garlic powder, 3 tablespoons salt, and instant coffee to create the marinade. Toss crumbled tempeh in the marinade, and let sit for 30 minutes.
3. If using an oven to bring up to temperature, combine marinated tempeh crumbles and black beans. Distribute among 2, 2-inch deep hotel pans that are spray coated with oil, and bake at 350 until desired internal temperature.
4. If using a stove top method, sauté marinated tempeh crumbles until browned in a large rondeau with preferred oil or oil spray. Add black beans and cook an additional 5 minutes. Transfer to 2, 2-inch deep hotel pans that are spray coated with oil, and hold for service.
5. To assemble, distribute 1 heaping 2-ounce spoodle of tempeh/bean mix into 2 taco shells. Whole grain soft flour or corn tortillas may also be used. To top each taco with salsa fresca, use a 2-ounce spoodle to distribute salsa among the 2 tacos.

Nutrition Facts

Per serving

Calories: 353
Fat: 17.4 g
- **Saturated Fat:** 3.8 g
- **Calories from Fat:** 42.8%
- **Calories from Saturated Fat:** 9.3%

Cholesterol: 0 mg
Protein: 17.4 g
Carbohydrates: 36.5 g
Sugar: 4.3 g
Fiber: 9.6 g
Sodium: 1112 mg
Calcium: 159 mg
Iron: 5 mg
Vitamin C: 11.3 mg
Beta-Carotene: 1276 mcg
Vitamin E: 4.8 mg

NSLP Crediting Information: 1 portion (2 tacos) provides 2 ounces meat/meat alternate equivalent, 2 ounces grain equivalent, and 1/4 cup red/orange vegetable equivalent.