

Southern Tempeh & Grits

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-yellow-grits-recipe>

Ingredients:

- 1 package tempeh cubed
- 1 cup yellow grits
- 1/2 yellow onion diced
- 1/2 bell pepper diced
- 1 cup turnip greens rinsed, stems removed, chopped
- 2 garlic cloves minced
- 3 radishes thinly sliced
- 2 turnips small, thinly sliced
- 1 teaspoon chili powder
- 1 teaspoon black pepper
- 2 teaspoons smoked paprika
- 1 teaspoon Old Bay Seasoning
- 1/2 teaspoon ground thyme
- 1/2 teaspoon ground sage
- 1 1/2 tablespoons non dairy butter
- 1/4 cup nutritional yeast
- 2 teaspoons apple cider vinegar
- salt
- pepper

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 15 grams
3. Fat: 4.5 grams
4. Fiber: 7 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 290 milligrams
8. Sugar: 4 grams

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