

Meal Plan Number Two

Sautéed Tempeh with Mushroom Gravy

Est. Total cost: \$14.20. Serves 4.

Mushroom gravy is a classic for autumn. Great with meat instead of tempeh, too!

1 package tempeh, cut into 2 patties

1-2 T. butter OR olive oil

Mushroom Gravy:

2 T. butter OR olive oil

1 small onion, finely diced

3/4 lb. button OR cremini mushrooms

1 tsp. salt, divided (less if your stock is salty)

2 T. brown rice OR whole wheat flour

2 cloves garlic, chopped

1 c. vegetable stock, "unchicken" broth OR mushroom broth

1/2 tsp. sage

1/4 c. sherry

Warm butter or oil in a skillet. Add onions, mushrooms and 1/2 tsp. salt, and sauté, covered, for 7-8 minutes, until mushrooms have released their juices.

Remove cover and cook off any liquid in the pan (you may need to turn the heat up).

Add the flour and garlic, and sauté 1-2 minutes, stirring, until it begins to brown and stick.

Add the vegetable stock, "unchicken" broth or mushroom broth, the other 1/2 tsp. salt (omit if you're using commercial stock/broth), sage and sherry. Stir well. Bring the gravy to boil. Lower heat and continue cooking for 10 — 15 minutes, until it thickens.

While the gravy is cooking, warm 1-2 T. butter or oil in a skillet. Sauté tempeh for 5 minutes on each side or until browned. *see Note

Serve tempeh with gravy on top.

Note: To make your tempeh more digestible, steam or boil it for 10-15 minutes before sautéing. Press excess moisture out with a paper towel, then increase sauté time by couple minutes per side.

Mashed Squash (Makes 4 + servings)

Serve with Tempeh and gravy (above).

Delicious Kabocha and Red Kuri squashes have a dense, texture similar to potatoes. They also have very soft, edible peels that don't require peeling — convenient! Knick off any woody parts with your knife before chopping.

1 medium (about 3 lbs.) kabocha (also called "buttercup") OR red kuri squash, chopped into bite-size chunks

1 & 1/2 c. water

1/4 - 1/2 tsp. salt

2 T. butter

Place squash in a medium-large saucepan. Add water and salt, and bring to boil.

Lower heat and cook squash, stirring often, around 15 minutes. The squash will be tender and there will be liquid left in the pot.

Add butter and puree with an immersion blender or electric mixer until smooth. Serve with more butter and salt, or with gravy!

Broccoli side dish. (Makes 4 servings)

Broccoli is most digestible and nutritious when it is cooked until tender.

1 bunch broccoli, chopped into florets. The stems can be peeled and chopped as well.

butter, for serving

Steam broccoli until tender. Serve with butter.