

Prep time: 10 mins Cook time: 20 mins
Assembly time: 5 mins Makes: 2 Burgers

Ingredients:

Pre-prep

- 4 Romaine lettuce leaves, washed, dried & intact, cut to size
- 1 large ripe tomato, sliced
- 1 slab of tempeh, halved
- 1 onion, sliced very thin
- 1 medium potato, sliced, skin on
- 2 Tbs extra virgin olive oil

Marinade

- 1 Tbs olive oil
- 2 Tbs soy sauce or tamari*
- 1 clove of garlic, mashed
- 1 Tbs vinegar or citrus juice
- 1 Tbs ketchup**
- 1/4 tsp hot sauce

*Use tamari if you prefer gluten-free

** 1 Tbs of ketchup contains 3 grams of added sugar

Steps:

1. Prepare the marinade; set aside.
2. Preheat oven to 450°.
3. Microwave the tempeh in a water bath for 5 minutes (this helps remove any bitterness). Drain the tempeh and pat dry. Transfer the tempeh to the marinade and coat both sides.
4. Add 1 Tbs of the olive oil and the onions to a small sauté pan, over medium heat. Stir occasionally, allowing the onions to slowly become an amber brown. Caramelizing the onions is an important step! This is your sweet sauce, without any sugar.
5. While the onions are browning, rub the sliced potatoes with olive oil and salt on both sides. Place in single layer on baking sheet. Bake for 15-20 minutes, or until golden. Do not overcook.
6. Transfer the onions to a bowl and use the same pan (flavored with onion!) to brown your tempeh. This should take about 5 minutes on each side, over medium heat.
7. Prepare the burger by layering as follows: Lettuce, Tomato. Potato, Onion, Tempeh, Onion, Potato, Tomato, Lettuce