

Two-Layer Vegan Taco Bowl with Siete Shells

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Layers:

1. **Bottom:** Brown rice + seasoned LightLife Tempeh "meat"
 2. **Top:** Sautéed veggie medley (bell pepper, squash, tomato, onion, garlic) mixed with fresh avocado + cilantro
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Ingredients

Base (Bottom Layer)

- 1 cup cooked **brown rice**
- ½ package **LightLife Tempeh**, crumbled
- 1 tsp **sea salt**
- ¼ tsp **black pepper**
- ½ tsp **turmeric**
- ¼ tsp **paprika**
- ⅛ tsp **cayenne pepper**
- Optional: splash of **coconut aminos** or **lime juice** for extra flavor

Top (Veggie Layer)

- ½ **red bell pepper**, sliced
- ½ **yellow squash**, sliced
- ½ cup **grape tomatoes**, halved
- ¼ **onion**, sliced
- 1 clove **garlic**, minced
- ½ **avocado**, diced
- 2 Tbsp **fresh cilantro**, chopped
- 1 Tbsp **grapeseed oil** or **avocado oil** (Yah'ki approved for light sauté)
- Sea salt & pepper to taste
- Optional: ½ tsp **oregano** or **basil** for added depth

To Serve

- 3–4 **Siete taco shells** (grain-free, clean ingredients)
 - Lime wedges (optional but great for digestion and taste)
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Instructions

1. Cook the Brown Rice

- Rinse and cook **1 cup brown rice** according to package. Optionally add a pinch of **sea salt** and **turmeric** during cooking for flavor and anti-inflammatory benefits.

2. Prepare Tempeh "Meat"

- In a pan, heat a bit of oil. Add **crumbled LightLife Tempeh**.
- Season with **sea salt, pepper, turmeric, paprika, cayenne**. Stir until golden and fragrant (5–7 min).
- Set aside.

3. Sauté Veggies

- In the same pan, add **oil**, then toss in **onions and garlic** until fragrant.
- Add **bell pepper, squash, grape tomatoes**. Sauté gently until just soft—don't overcook.
- Season with a pinch of **salt, pepper**, and optional **oregano/basil**.

4. Mix Fresh Top Layer

- In a bowl, combine the sautéed veggie mix with **fresh avocado** and **chopped cilantro**. Toss gently.

5. Assemble Bowl (or Tacos)

- **Layer 1 (Bottom):** Spoon **brown rice** into the base of your bowl or taco shell, then top with the **tempeh "meat."**
- **Layer 2 (Top):** Add the **avocado-veggie mix** on top.

6. Serve

- Garnish with a squeeze of **lime juice** if desired.
- Enjoy in a bowl or loaded into **Siete shells** for a hearty, healing taco!

Tips:

- Add **wild arugula or baby spinach** to the top for a bitter, liver-supportive kick.
- This recipe is **alkaline-inspired, soy-based (from Tempeh)**, and can be 100% gut-supportive when chewed thoroughly and paired with herbal teas (like **peppermint** or **mullein**) after.