



Jim “Bodhi’s” Vegetarian Goulash

Two 8 oz. packages tempeh

One 46 oz. can tomato juice

One 28 oz. can seasoned diced tomatoes

1 medium green pepper

½ medium red onion

2 cloves garlic

Olive oil

Soy sauce or tamari

16 oz. box whole grain macaroni

Grated Parmesan cheese (optional)

Sautee crumbled tempeh in olive oil and soy sauce (to taste) until browned. Chop green pepper, onion and garlic cloves. In a large pot, combine tomato juice, seasoned diced tomatoes, green pepper, onion, garlic and tempeh. Simmer on low heat until onions and peppers are soft. Boil macaroni according to directions on box, drain and rinse. Add macaroni to pot and cook on low for about 2 hours. Serve and sprinkle with Parmesan cheese if desired.