

Download Meat Substitutes Tofu Tempeh Seitan

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Tempe or tempeh (/ ˈ t ɛ m p e ɪ /; Javanese: témpé, Javanese pronunciation:) is a traditional Southeast Asian soy product, originating from Indonesia. It is made by a natural culturing and controlled fermentation process that binds soybeans into a cake form. Here a special fungus is used, which has the Latin name *Rhizopus oligosporus*, usually marketed under the name Tempeh starter. Earthlings is a 2005 American documentary film about humanity's use of other animals as pets, food, clothing, entertainment, and for scientific research. The film is narrated by Joaquin Phoenix, features music by Moby, was directed by Shaun Monson, Executive Produced by Libra Max and was co-produced by Maggie Q. A second installment released in 2015 titled Unity. Reasons for Meal Planning. Plant based meal planning is a little more complicated in the beginning compared to just cooking up random meals. So, why the heck should you even bother and educate yourself on how to meal plan properly? Made from fermented soybeans, tempeh is one of the most popular meat substitutes on the market. While it may not be as prevalent as tofu, tempeh is just as easily cooked and enjoyed, making a filling base for stir-fry dishes, boasting nearly 34 grams of protein per cup.