



Makes 6 waffles + 4 cups tempeh vegetables + ½ cup BBQ Sauce
Preparation Time: 30 minutes
Cook Time: 15 minutes

INGREDIENTS:

½ cup low-sodium ketchup
2 tablespoons sriracha sauce
1½ teaspoon pure maple syrup
3 tablespoons brown rice vinegar
7 small cloves garlic, minced
¾ cup chickpea flour
½ cup whole wheat flour
3 tablespoons almond flour
¾ teaspoon regular or sodium-free baking powder
1 teaspoon sea salt
¼ teaspoon ground turmeric
¼ teaspoon red pepper flakes
1½ cups unsweetened, unflavored plant-based milk
1 cup shredded acorn squash
4 scallions, cut into thin 2-inch lengths
½ cup aquafaba (canned chickpea liquid)
1 tablespoon tamari
1 teaspoon grated fresh ginger
1 8-oz. package tempeh, cut into ¼-inch-thick slices (at least 18 slices)
2 bell peppers, any color, cut into thin 2-inch strips
1 cup thinly sliced mushrooms
4 cups napa cabbage, cut into 1-inch pieces
1 tablespoon toasted sesame seeds

Vegan Korean-BBQ Waffles

These Korean-inspired **waffles** incorporate scallions and acorn squash into the savory batter to create the perfect fluffy base for a heaping pile of saucy veggies and tempeh. Bell pepper, **mushrooms**, and cabbage are simmered in a fragrant mixture of tamari, fresh ginger, and brown rice vinegar. As if that wasn't enough, strips of meaty **tempeh** add satisfying substance while a homemade barbecue sauce brings a delicious smoky-sweet finish to the dish. This creative plant-based twist on Korean BBQ may seem unusual at first glance, but trust us when we say the end result will leave you licking your plate.

By Darshana Thacker Wendel

- 1** For BBQ Sauce, in a bowl stir together ketchup, sriracha sauce, maple syrup, 1 tablespoon brown rice vinegar, 2 of the garlic cloves, and ¼ cup water. Set aside until ready to use.
- 2** Preheat waffle maker according to manufacturer's directions, using medium setting if available.
- 3** In a bowl combine the chickpea flour and the next six ingredients (through crushed red pepper). Add the next four ingredients (through aquafaba), 1 tablespoon of the brown rice vinegar, and 3 of the garlic cloves; mix well.
- 4** To bake waffles, pour ½ cup of the batter in waffle maker, spreading to 4 inches in diameter. Close lid; bake 5 minutes. If the lid lifts easily after 5 minutes, the waffle is ready. If not, cook 30 seconds more. Using a wooden chopstick or silicone spatula, remove the waffles and place on a wire rack (you can keep waffles warm in a 250°F oven while you cook in batches). Repeat with the remaining batter.
- 5** For tempeh vegetables, in a medium saucepan combine tamari, ginger, the remaining 1 tablespoon vinegar and 2 garlic cloves, and 2 cups water; bring to boiling. Add tempeh; reduce heat. Simmer, uncovered, 20 minutes. Remove tempeh from saucepan. Drain all but 1 cup of the liquid in saucepan.
- 6** Add bell peppers and mushrooms to the remaining liquid in the saucepan; cook over medium-high about 5 minutes or until peppers are almost tender. Add cabbage; cook 3 to 5 minutes more or until cabbage wilts.
- 7** In a large skillet combine tempeh and ¼ cup of the BBQ Sauce. Cook over medium-low until tempeh is heated through and sauce is absorbed, stirring occasionally. Stir in sesame seeds.
- 8** Top each waffle with about ⅔ cup vegetables and three tempeh slices. Serve with remaining BBQ Sauce.

