

TLT Sandwich and Leftover Bean Soup

This traditional Soup and Sandwich meal features a delicious and healthful version of a "bacon lettuce and tomato" sandwich. It's made with smoky tempeh and therefore called a TLT.

You'll accompany it with a bowl of the leftover Umbrian Bean Soup from Sunday. Here's the good news...that soup just gets better sitting in the fridge.

Preparation Time: 25 mins. - Servings: 2.

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or in bowls so they are easy to add (and more fun to cook!). It's all super simple tonight. The main aspect of the meal will be browning the tempeh.

TLT Sandwich

1 package Smoky Tempeh
(Tonight you'll use 4 pieces and store the leftovers.)

2 T. Parmesan cheese
1 sliced tomato
2 leaves green leaf lettuce

2 slices toasted sprouted wheat bread
2 tsp. low-fat or vegan mayonnaise

Quick Russian Dressing Spread

1 tsp. catsup
2 tsp. mayonnaise (low-fat or vegan)
¼ tsp. Dijon mustard
dash of garlic powder
dash of onion powder

Leftover Bean Soup

3 C. leftover Umbrian Bean Soup

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

This meal goes together quickly.

If you don't have browned Smoky Tempeh in the fridge, start by browning a package. Brown strips in a 400° oven or toaster oven. Cook 5 minutes per side.

If you don't have leftover Umbrian Bean Soup, warm up some of your favorite box soup. Throw together a small side salad to fill out the meal.

Quick Russian Dressing

Mix catsup, mayonnaise, Dijon mustard, garlic powder and onion powder in a small bowl. Let stand for a few minutes while you make the rest of the sandwich.

TLT Sandwich

1. Toast two slices of good whole grain bread.
2. Lay three to four pieces of browned tempeh on a plate (enough to cover the bread slices). Sprinkle with Parmesan and microwave 20 seconds. Set aside.
3. Slide tempeh slices onto one slice of bread and spoon about 3 tsp. Russian dressing over tempeh.
4. Layer tomato slices and lettuce.
5. Cut sandwich in half and share with your fellow diner.
6. Make a couple of small green salads.

Warm Soup and Serve the Meal

Cover bowls of soup and rewarm in microwave, or warm in a pan on the stovetop.

Serve a half sandwich with each bowl of soup.

(Serve small salad on the side if you wish.)

What I've Learned from this Recipe

Smoky Tempeh is the ultimate substitute for bacon. You'll find it most useful to have around.

Store leftover tempeh in fridge in a sealable plastic bag. You'll use it next week.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com