



# SWEET PLANTAIN CANOES

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Servings: 4

Portions: 1 canoe

## Ingredients

- 4 sweet plantains (yellow kind)
- 1 pack of Tempeh (8oz)
- 5-6 medium baby Bella mushrooms (or 8-10 small ones)
- 1-2 tsp cooking oil of preference
- 1/3 cup of water
- 2 tsp Soy, Aminos or Tamari
- 2-3 tsp of adobo seasoning\*
- 1/2 cup of shredded vegan cheese



## Instructions

- Preheat oven to 400F on bake
- Open the sweet plantains but leave the skin on while baking.
- Bake the plantains for approx 15 mins
- Crumble the tempeh
- Chop the mushrooms
- In a pan set to medium heat add the oil
- Add the tempeh and mushroom together and cook for 2-3 mins
- Mix the 1/4 cup of water with the Soy (or substitute)
- Add the liquid to the tempeh and mushrooms and let it cook for 2-3 more minutes
- Add the adobo seasoning and let it cook for approx 5 more minutes.
- Open the plantain in the middle like you would with a banana for a banana split but skipping the edges.
- Set your oven to Broil on 400F
- Fill the plantain with the tempeh and mushroom mix.
- Top with cheese and cook until the cheese is melted.
- Serve with rice and beans or a salad.

## Notes

\*Adobo seasoning is usually salt, pepper, basil, oregano, garlic and onion. Sometimes they might include achiote as well. You can create your by mixing 1tsp of each this should make enough for a couple of uses.