Mushroom tempeh fajitas with spices and vegetables (At Elizabeth's Table/Elizabeth Varga)

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by Elizabeth Varga

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Editor's Note: *In this series, Elizabeth Varga will explore how fasting from meat impacts our relationships with self, others, the rest of creation and God. Her reflections and recipes will be posted on the Wednesdays and Fridays of Lent 2022. To receive this series via email, sign up for EarthBeat Reflections.*

"Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And he fasted forty days and forty nights, and afterward he was hungry. And the tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'" (Matthew 4:4)

God made our bodies so that we need to eat daily to survive. Even Jesus was hungry after 40 days and 40 nights. But Jesus makes clear that we don't live on physical food alone.

What is your relationship with food?

Do you think about food often?

Do you consider what food you put in your body?

Do you have access to a variety of food choices?

Do you pause before you eat?

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What makes food or a meal "good?"

What does it mean that Jesus is our food?

How is your relationship with physical food similar to your relationship with Jesus as food? How is it different?

Do you feel spiritually nourished by God? How can you allow God to nourish you more?

Recipe: Mushroom tempeh fajitas

Vegan mushroom tempeh fajitas are filled with flavorful spices and colorful vegetables. These fajitas are the perfect meatless dinner recipe!



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Ingredients

- 1/2 cup vegetable broth
- 1/4 cup lime juice

- 1 tablespoon cumin, divided
- 1/2 teaspoon cayenne, divided
- 1 8-ounce block tempeh, sliced
- 3 medium bell peppers, sliced
- 2 portobello mushrooms, sliced
- 1/2 cup frozen corn
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/8 teaspoon black pepper
- corn tortillas, cilantro, and jalapenos

Instructions

1. In a medium bowl, mix the vegetable broth, lime juice, 2 teaspoons cumin and 1/4 teaspoon cayenne.
2. Arrange the tempeh strips in a container and pour the vegetable broth marinade over the tempeh. Let sit at least 15 minutes.
3. Heat a large skillet over medium heat. Reserve at least 1/2 cup of the tempeh marinade. Add the tempeh to the skillet and cook, using the marinade liquid if necessary to prevent sticking. Cook 5 minutes.
4. Add the mushrooms, peppers, frozen corn, the remaining teaspoon of cumin, the remaining 1/4 teaspoon of cayenne and all additional spices. Cook until the mushrooms and peppers are soft and the corn is completely warmed through.
5. Portion into corn tortillas. Sprinkle with cilantro and jalapeno. Enjoy!

Find recipe notes, substitutions and other nutritional information on atelizabethstable.com.

This story appears in the **Recipes for an ecofriendly Lent** feature series. View the full series.