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Tempeh and Vegetable Stir-Fry in Curry Peanut Sauce

This is a really flavorful sauce that could be the foundation for a zillion variations. Try tofu or a chicken substitute instead of tempeh. Add some shitake mushrooms. Use brown or white rice instead of soba noodles. Omit the curry powder and just enjoy the peanut sauce.

Sauce

1/2 cup creamy peanut butter
4 Tbs. agave nectar
4 Tbs. white miso
2 Tbs. sesame oil
2 Tbs. lemon juice
1 tsp. chili powder
2 tsp. curry powder
1/2 cup water

Stir Fry

2 Tbs. canola oil
2 cloves garlic, minced or pressed
1 medium red onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
8 oz. tempeh, cubed
1 medium zucchini, chopped
1 16-oz. bag frozen Asian-style stir-fry veggies
Salt and pepper to taste

Package soba noodles (or brown or white rice)

1. In a medium-size pot over medium heat, whisk together the sauce ingredients. Heat to boiling, stirring constantly, making sure all peanut butter and miso lumps are dissolved. Remove from heat and set aside.
2. Fill a pot with water and bring to boil for soba noodles. Cook according to package directions.
3. Heat the oil over medium heat in a wok or heavy skillet. Add the garlic, onion, bell peppers, and tempeh. Stir fry for about 5 minutes. Add the zucchini and frozen veggies and continue to stir fry until the vegetables are just tender. Stir in the peanut sauce; heat tempeh and veggies until simmering. Remove from heat and serve over soba noodles.