



**Makes 4 sandwiches + 1½ cups mayo**  
**Preparation Time: 30 minutes**  
**Cook Time: 1 hours 45 minutes**

#### INGREDIENTS:

- 12 oz. silken tofu
- 2 tablespoons lemon juice
- 2 tablespoons apple cider vinegar
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- 1 teaspoon nutritional yeast
- 3 teaspoons pure maple syrup
- 1 8-oz. package tempeh
- ½ cup low-sodium vegetable broth
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons tamarind concentrate
- 1 teaspoon beet root powder
- 1 teaspoon smoked paprika
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon freshly ground black pepper
- 8 slices whole grain bread, toasted
- 1 large juicy tomato, such as beefsteak or heirloom, thickly sliced
- 4 butterhead lettuce leaves

## Tempeh BLT with Vegan Mayo

Perfect for **brunch**, a fun family meal, or a picnic, this crave-worthy vegan BLT brings big flavor to every bite. **Tempeh** transforms into smoky, savory “bacon” as it soaks in a bold marinade with beetroot powder for rich color and a hint of sweetness, plus tamarind paste for a tangy depth. Can’t find beetroot powder? Feel free to skip it, but don’t miss the homemade mayo!

### Tip

**Make-ahead:** Most of the time for this recipe goes into marinating the tempeh and chilling the homemade mayo. For lightning-fast assembly, soak the tempeh in the marinade ahead of time (at least 1 hour). Make the mayo in advance, too—chilling it for at least 2 hours gives it the best flavor and texture. Both steps are easy to do the night before. With these out of the way, the satisfying sammy comes together in just 15 minutes.

For more inspiration, check out these tasty ideas:

- [“No-Tuna” Salad Sandwich](#)
- [Greens and Things Sandwiches with Carrot Hummus](#)
- [PLT \(Green Pea, Lettuce & Tomato\) Sandwich](#)
- [Quick Hummus and Quinoa Wraps](#)

By Jody Eddy

- 1** To make Vegan Mayo: In a blender combine tofu, lemon juice, 1 tablespoon apple cider vinegar, garlic, Dijon mustard, nutritional yeast, 1 teaspoon of the maple syrup, and 2 tablespoons cold water. Cover and blend on high speed until smooth and creamy, stopping to scrape down sides of blender occasionally and to add additional cold water, 1 tablespoon at a time, as needed to achieve desired consistency. Transfer to an airtight container and chill at least 2 hours or up to 1 week.
- 2** Using a sharp knife, slice tempeh into ¼-inch-thick strips. Arrange strips in a single layer in a 2-quart dish. In a medium bowl whisk together the next 9 ingredients (through pepper), plus the remaining 1 tablespoon of apple cider vinegar and 2 teaspoons of maple syrup. Pour mixture over tempeh. Cover and marinate at least 1 hour in the refrigerator.
- 3** Carefully remove the tempeh from the marinade and transfer slices to a clean plate. Preheat an extra-large nonstick skillet over medium. Using tongs, arrange tempeh in a single layer in the skillet. Cook over medium 2 to 3 minutes or until lightly browned on bottom; flip tempeh and cook 2 to 3 minutes more or until lightly browned.
- 4** To assemble sandwiches, spread toast with Tofu Mayo. Top with tempeh, tomato slices, and lettuce leaves. Serve immediately.