

HOMEMADE SEITAN (VEGAN "WHEAT MEAT")



INGREDIENTS:

- 1 ¹/₂ cup vital wheat gluten
- ¹/₄ cup nutritional yeast
- ¹/₂ tsp salt
- 2 tsp paprika
- ¹/₄ tsp cumin
- 1-2 tsp pepper
- ¹/₈ tsp cayenne pepper
- ¹/₈ tsp all-spice
- ³/₄ cup cold water
- 3 tbsp tomato paste
- 1 tbsp olive oil
- 2 tbsp soy sauce
- 1 tbsp minced garlic

DIRECTIONS:

- 1) Preheat oven to 325 degrees
- 2) Mix dry ingredients in a large bowl and liquid ingredients in a separate, smaller bowl. Whisk well until mixed
- 3) Add the liquid ingredients to the dry. Mix well.
- 4) Start with a spoon, then switch to your hands and knead the mixture together for a few minutes.
- 5) Form into a log 6-10 inches long (depending how big you want your slices). Wrap tightly in foil, twisting the ends.
- 6) Place on baking sheet and bake for 75 minutes.
- 7) Unwrap and leave out to cool completely (at least an hour).
- 8) Slice for your specific portions and store in refrigerator for up to 1 week.

Makes: 8 slices

1 slice: Calories: 122 | Protein: 20 gm | Carbs: 6 gm | Fat: 2 gm