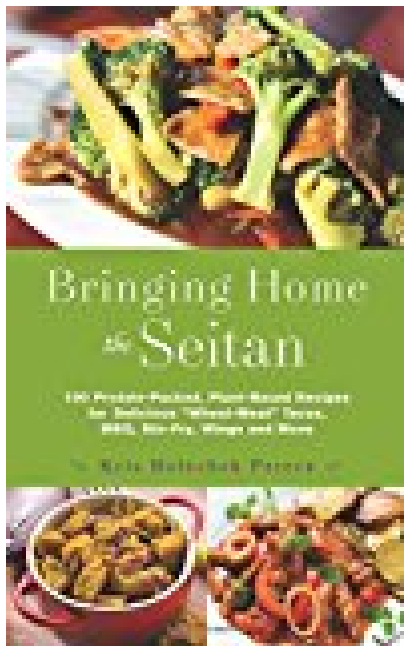


Bringing Home the Seitan 100 Protein-Packed Plant-Based Recipes for Delicious Wheat-Meat Tacos BBQ Stir-Fry Wings and More



BOOK DETAILS

- Author : Kris Holechek Peters
- Pages : 208 Pages
- Publisher : Ulysses Press
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BOOK SYNOPSIS

AN EXPANSIVE COLLECTION OF EXCITING SEITAN RECIPES FOR HEARTY, HEALTHY, MOUTHWATERING MEALS Whether you want to replicate a favorite meaty recipe from your past, make a meal that will please omnivores and herbivores alike or just want to try something new—seitan is what's for dinner now! Pack your vegetarian meal with plant-based, protein-rich recipes like: • No-Beef Tip Stew • Beer Brats • Pulled Pork-ish Sandwiches • Seitan Fakin' Bacon • Lettuce Wraps with Spicy Peanut Sauce • Chick'n Fingers • Chorizo Tacos • Sweet and Sour Chick'n • Baked Ziti with Sausage • Basic Wingz with BBQ Sauce Bringing Home the Seitan teaches you how to bake, steam, boil and cook your seitan to perfection with basic how-to recipes, as well as cruelty-free spins on classic dishes and scrumptious new eats.

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