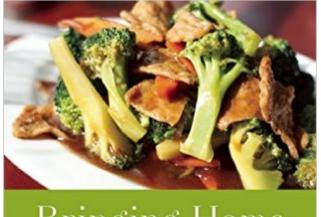
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Bringing Home The Seitan: 100 Protein-Packed, Plant-Based Recipes For Delicious "Wheat-Meat" Tacos, BBQ, Stir-Fry, Wings And More



Bringing Home

100 Protein-Packed, Plant-Based Recipes for Delicious "Wheat-Meat" Tacos, BBQ, Stir-Fry, Wings and More

👒 Kris Holechek Peters 🧬





Synopsis

MAKE IT MEATLESS WITH SEITANWhether 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 newâ "seitan is whatâ ™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 Fakinâ ™ Bacon• Lettuce Wraps with Spicy Peanut Sauce• Chickâ ™n Fingers• Chorizo Tacos• Sweet and Sour Chickâ ™n• Baked Ziti with Sausage• Basic Wingz with BBQ SauceBringing 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.

Book Information

Paperback: 208 pages Publisher: Ulysses Press (October 18, 2016) Language: English ISBN-10: 1612436080 ISBN-13: 978-1612436081 Product Dimensions: 5.9 x 0.9 x 8.3 inches Shipping Weight: 6.6 ounces (View shipping rates and policies) Best Sellers Rank: #234,155 in Books (See Top 100 in Books) #58 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #403 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

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