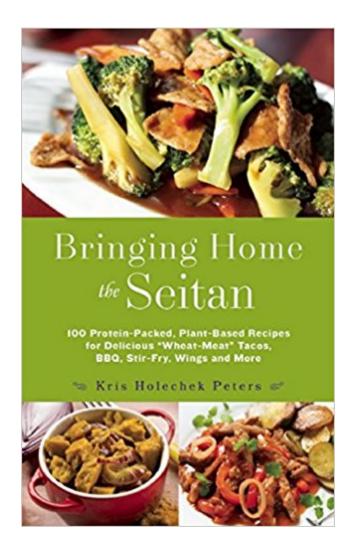
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# Bringing Home The Seitan: 100 Protein-Packed, Plant-Based Recipes For Delicious "Wheat-Meat" Tacos, BBQ, Stir-Fry, Wings And More





# **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**

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