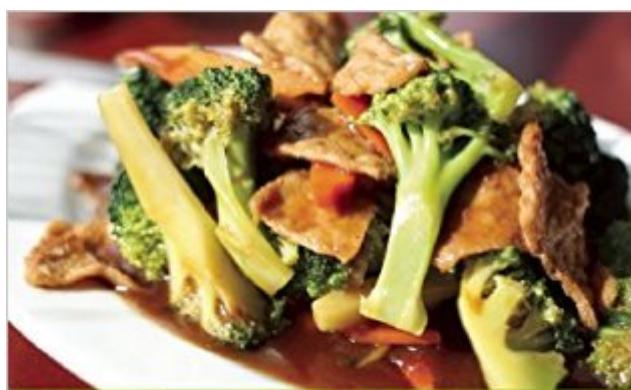


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Bringing Home The Seitan: 100 Protein-Packed, Plant-Based Recipes For Delicious "Wheat-Meat" Tacos, BBQ, Stir-Fry, Wings And More



Bringing Home *the* Seitan

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

By Kris Holechek Peters



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Synopsis

MAKE IT MEATLESS WITH SEITAN 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 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 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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