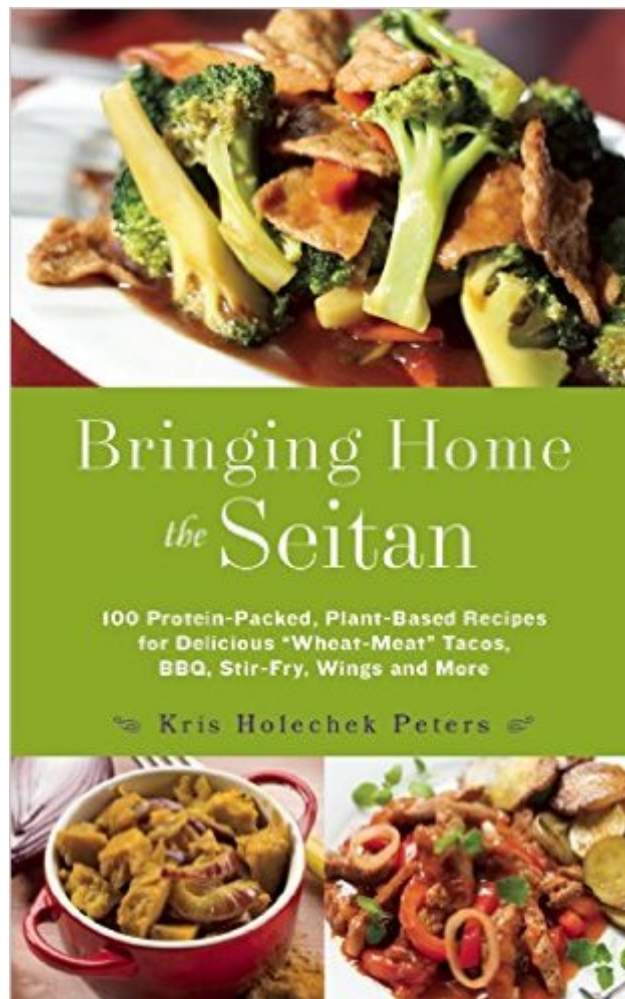


The book was found

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 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 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.

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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