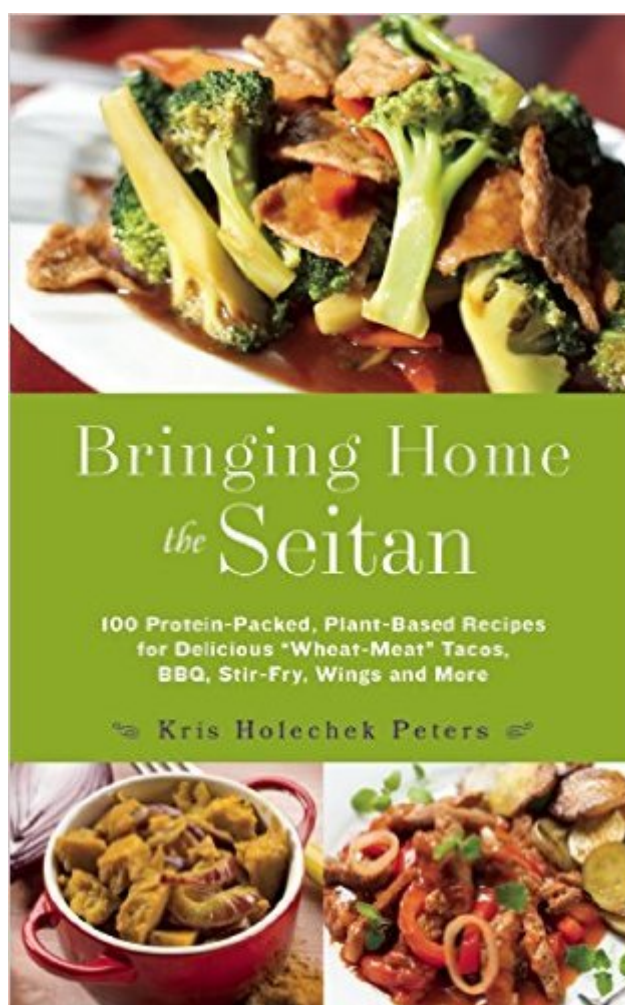


The book was found

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

[Download to continue reading...](#)

Bringing Home the Seitan: 100 Protein-Packed, Plant-Based Recipes for Delicious "Wheat-Meat" Tacos, BBQ, Stir-Fry, Wings and More 400 BBQ Recipes: Barbecue sauces and dry rub recipes for bbq ribs, bbq pork shoulder, bbq pork chops, bbq chicken breast, bbq chicken drumsticks, and bbq steak DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How to Make Protein Bars in No Time (diy protein bars, protein bars, high protein snacks) Dutch Oven, Cast Iron and Stir-Fry Box Set (5 in 1): Easy and Delicious Dutch Oven, Flat Belly Cast Iron, Paleo, Wok Recipes (Creative Recipes & Camp Meals) The Big Book of Dump Meals Box Set (11 in 1): Low Carb One Dish, One Pot, Slow and Pressure Cooker, Freezer and Stir-Fry Dump Meals for Stress-Free Cooking (One Pot Dump Dinners) Chinese Cooking at Home: From Soups to Stir-Fry, 50 Delicious Recipes for Every Occasion! (Asian Cuisine) Guilt-Free Low Carb Box Set (6 in 1):

Over 200 Stir Fry, Spiralizer, Freezer, Mug Meals, Tea Cleanse, Ice Cream Recipes for Healthy and Pleasurable Weight ... (Special Appliances & Weight Loss Recipes) Stir Fry Cookbook: Over 110 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 271) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Superfood Smoothie Bowls: Delicious, Satisfying, Protein-Packed Blends that Boost Energy and Burn Fat Let's Grill Hawaii's Best BBQ Recipes: Barbecue Grilling, Smoking, and Slow Cooking Meats, Fish, Seafood, Sides, Vegetables, and Desserts Great Airfryer: 50 Exclusive Recipes To Fry A Variety Of Delicious Meals In A Fast, Easy And Healthier Way Southern Love For Pizza, Burgers & Tacos: 175 Family Dinner Favorites! (Southern Cooking Recipes Book 36) 50 Dry Rubs for Pork Tenderloin: BBQ Pork Tenderloin Recipes, Pork Tenderloin Oven Seasoning, Crock Pot Marinade The Joy of Pickling, 3rd Edition: 300 Flavor-Packed Recipes for All Kinds of Produce from Garden or Market Legends Of BBQ: 50 Knock-Out Barbecue Recipes For Your Next Smoking Adventure (Rory's Meat Kitchen) 50 Dry Rubs for Roast Turkey Breast: BBQ Turkey Roast, Turkey Roast Seasoning, Deep Fried Turkey 50 Dry Rubs for Pork Roasts: BBQ Pork Roast, Pork Roast Seasoning, Crock Pot Pork Roast, Slow Cooker Pork Roast Eat Wheat: A Scientific and Clinically-Proven Approach to Safely Bringing Wheat and Dairy Back Into Your Diet Serve the People: A Stir-Fried Journey Through China

[Dmca](#)