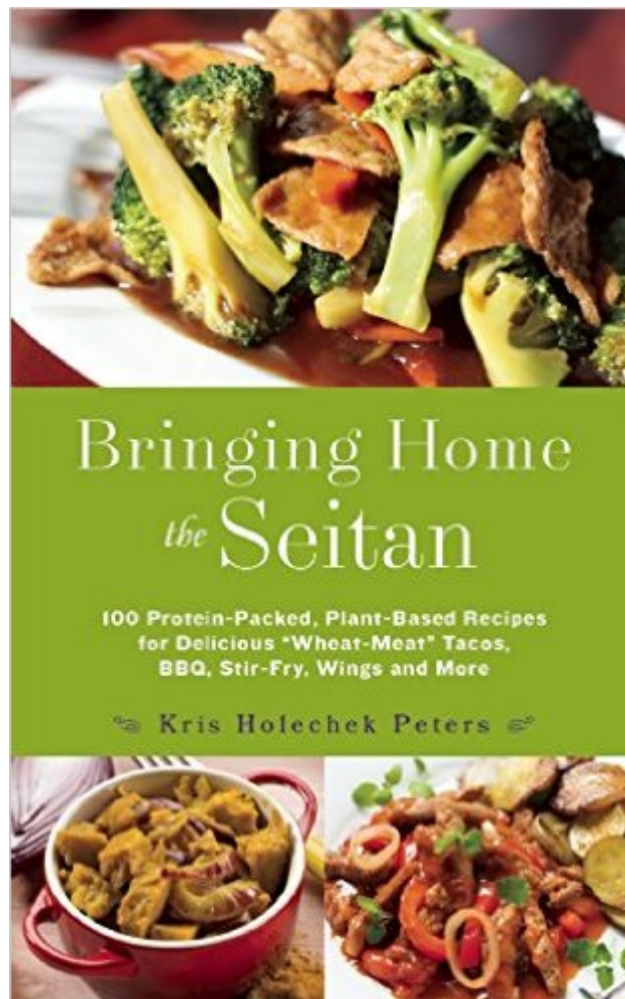


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# Bringing Home The Seitan: 100 Protein-Packed, Plant-Based Recipes For Delicious "Wheat-Meat" Tacos, BBQ, Stir-Fry, Wings And More



## Synopsis

**MAKE IT MEATLESS WITH 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

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