

# Smoky Maple Seitan Loaf

This recipe has helped so many clients whip up a fast homemade seitan that you can make in large batches, freeze and use many different ways. Although this is a bacon-y flavored seitan, you can definitely play with the spices to make Italian, asian, bbq, you name it!



PREP TIME

10 mins

COOK TIME

1 hr 15 mins

TOTAL TIME

1 hr 25 mins



COURSE

Dinner, Lunch



SERVINGS

8 servings

CALORIES

177 kcal

## INGREDIENTS

- 2 c vital wheat gluten
- 1/2 c Nutritional Yeast
- 1 1/2 c vegetable broth
- 2 Tbsp tomato paste
- 1/8 tsp maple extract
- 1.5 tsp liquid smoke
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1/2 tsp rosemary
- 1/2 tsp fennel seeds
- 1/2 tsp smoked salt \*regular salt is fine too
- 1/4 tsp black pepper

## INSTRUCTIONS

1. Preheat oven to 450°F / 232°C .
2. In a large bowl, mix all dry ingredients together.

3. In a separate bowl, mix all wet ingredients together.
4. Slowly add the wet to the dry, mixing with a fork until it gets stiff enough that you need to use your hands.
5. Once all of the liquid is incorporated, knead the dough ball for about 3-5 minutes. It will be very elastic.
6. Put the dough ball in a 4X8 loaf pan that's been sprayed with cooking spray. Spread it out as best you can, but it's ok if it doesn't come perfectly to the edges—it will spread as it cooks.
7. Spray a piece of aluminum foil with cooking spray and cover the loaf, spray side down and fold tightly around the edges of the pan.
8. Bake for 50 minutes covered.
9. Remove foil and cook for another 10 minutes to brown the top.
10. Remove from oven. Let cool. Slices into 8 equal slices

## NUTRITION

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### Nutrition Facts

Smoky Maple Seitan Loaf

Amount Per Serving	
<b>Calories</b> 177	Calories from Fat 18
<b>% Daily Value*</b>	
<b>Fat</b> 2g	3%
Saturated Fat 0.1g	1%
Polyunsaturated Fat 0.2g	
Monounsaturated Fat 0.05g	
<b>Sodium</b> 273mg	12%
<b>Potassium</b> 71mg	2%
<b>Carbohydrates</b> 11g	4%
Fiber 3g	13%
Sugar 3g	3%
<b>Protein</b> 30g	60%
<b>Vitamin A</b> 50IU	1%
<b>Vitamin C</b> 0.8mg	1%
<b>Calcium</b> 50mg	5%
<b>Iron</b> 3.4mg	19%

\* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!