

# Cheesy Protein Grits with Seitan



COURSE  
Breakfast



SERVINGS  
7 servings

CALORIES  
368 kcal

## INGREDIENTS

- 1 ½ c cornmeal
- 3 ½ c vegetable broth
- 2 ½ red onion
- 2 ½ carrot
- 15 oz seitan chopped; for gluten-free, use tofu or other gluten-free mock meat
- 4 Tbsp vegan cream cheese
- 4 slices vegan American cheese
- 3 tsp smoked paprika
- Salt & pepper to taste

## INSTRUCTIONS

1. Bring vegetable broth and cornmeal to a boil, whisking to prevent clumps. Once boiling, reduce heat to low, cover, and simmer for 15 minutes, stirring occasionally.
2. While that cooks, season your protein with salt, pepper, and smoked paprika. Slice red onions and carrots.
3. Heat a pan over medium-high. Cook the onion and carrot until softened and slightly charred. Add the seitan and cook until it's browned and has some crispy edges.
4. Return to the cornmeal. Season with salt and pepper to taste. Add cheeses and whisk constantly until melted and smooth.

5. Spoon cornmeal into bowls and top with the seitan and veggies.

## NUTRITION

### Nutrition Facts

Cheesy Protein Grits with Seitan

**Amount Per Serving (1 serving)**

<b>Calories</b>	368	Calories from Fat	72
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		<b>% Daily Value*</b>	
<b>Fat</b>	8g	12%	
<b>Carbohydrates</b>	48g	16%	
<b>Protein</b>	26g	52%	

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



### KEYWORD

gluten free, soy-free

### Tried this recipe?

Let us know how it was!