

Sweet Chipotle Seitan and Veggies



COURSE

Dinner, Lunch



SERVINGS

7 servings

CALORIES

332 kcal

INGREDIENTS

- ½ c brown rice syrup or maple
- ½ c puréed canned chipotles in adobo sauce
- 1 tsp. Dijon mustard
- 1 Tbsp. ancho chili powder
- Salt and pepper to taste
- ¼ c water
- ½ tsp. coriander
- ½ tsp. cumin
- ½ tsp. paprika
- 1 Tbsp. water
- 16 oz. seitan chopped; for gluten-free, use tofu or other gluten-free mock meat
- 2 Tbsp. olive oil
- 2 garlic cloves minced
- 4 green onions chopped
- 7 c broccoli florets
- 3 ½ c bell pepper sliced
- 3 ½ c onion chopped

INSTRUCTIONS

1. Note: This dish is spicy, if it is too spicy for you, you may want to use less chipotle and adobo sauce than listed.
2. In a small bowl, combine the brown rice syrup, chipotle sauce, mustard, and water, and whisk until smooth.
3. Add the chili powder, salt, pepper, coriander, cumin, and paprika and whisk. Taste to adjust the flavors.
4. In a skillet, turn the heat up to medium. Add the olive oil, and once it is hot, add your onions, peppers, and broccoli. Cover and stir occasionally until your veggies start to wilt.
5. Add the seitan. Stir the seitan and veggies for 3 minutes
6. Add the sauce. Turn the heat down to low and simmer the ingredients for 10 minutes.
7. Top with green onions.

NUTRITION

Nutrition Facts

Sweet Chipotle Seitan and Veggies

Amount Per Serving (1 serving)

Calories	332	Calories from Fat	81
% Daily Value*			
Fat	9g		14%
Carbohydrates	41g		14%
Protein	25g		50%

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



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!