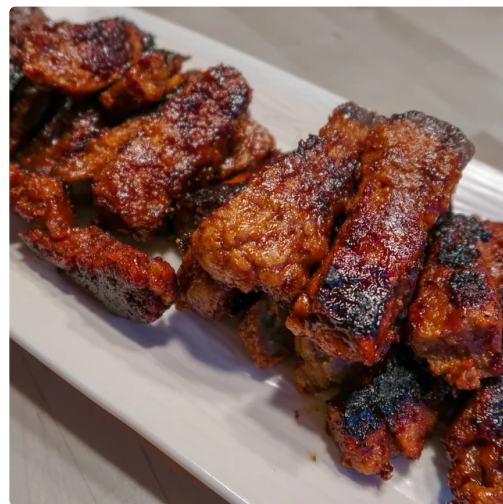


Giacomo's Barbecue Seitan Rib

A great way to hit your protein, and save some money on store bought mock meats, this recipe is super flavorful and satisfying.



PREP TIME

10 mins

COOK TIME

1 hr

TOTAL TIME

1 hr 10 mins



COURSE

Dinner, Lunch



SERVINGS

16 ribs

CALORIES

68 kcal

INGREDIENTS

- 1 c vital wheat gluten
- 2 tsp paprika
- 2 Tbsp Nutritional Yeast
- 2 tsp onion powder
- 1 tsp garlic powder
- 3/4 c water
- 2 Tbsp Peanut Butter
- 1 Tbsp liquid smoke
- 1 Tbsp soy sauce
- 1 c barbecue sauce (Webers is vegan!)

INSTRUCTIONS

1. Preheat the oven to 350°F/175°C and lightly spray an 8×8-inch baking dish with cooking spray.
2. Mix gluten, paprika, nutritional yeast, onion powder, and garlic powder in a large bowl.
3. In a separate bowl mix the water with the nut butter, liquid smoke, and soy sauces.

4. Add the wet ingredients to the dry ingredients. Stir to mix well in the bowl for a couple of minutes. It will be a very elastic mixture.
5. Put the dough into the baking dish and flatten it so that it evenly fills the pan. Take a sharp knife and score it well into 8 strips; then turn the pan and score those strips in half to form 16 pieces.
6. Put it in the oven and bake for 25 minutes. While it's cooking prepare your grill pan or grill.
7. Remove it from the oven and carefully re-cut each strip, going over each cut to make sure that the ribs will pull apart easily later.
8. Brush the top with half of the barbecue sauce. Take it to the grill pan or grill and flip the whole baking dish onto the pan so that the ribs are now bbq side down (or use a large spatula to lift the seitan out, placing it sauce-side down on the grill).
9. Brush the top of the seitan with the other half of the sauce.
10. Watch it closely to make sure that it doesn't burn (although some people prefer it a little blackened).
11. When sufficiently brown on one side, turn over and cook the other side, adding more sauce if you like.
12. When done, remove to a platter and cut or pull apart the individual ribs to serve.

NUTRITION

Nutrition Facts

Giacomo's Barbecue Seitan Ribs

Amount Per Serving

Calories 68	Calories from Fat 9
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	% Daily Value*
Fat 1g	2%
Carbohydrates 7g	2%
Protein 7g	14%

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



Tried this recipe?

Let us know how it was!