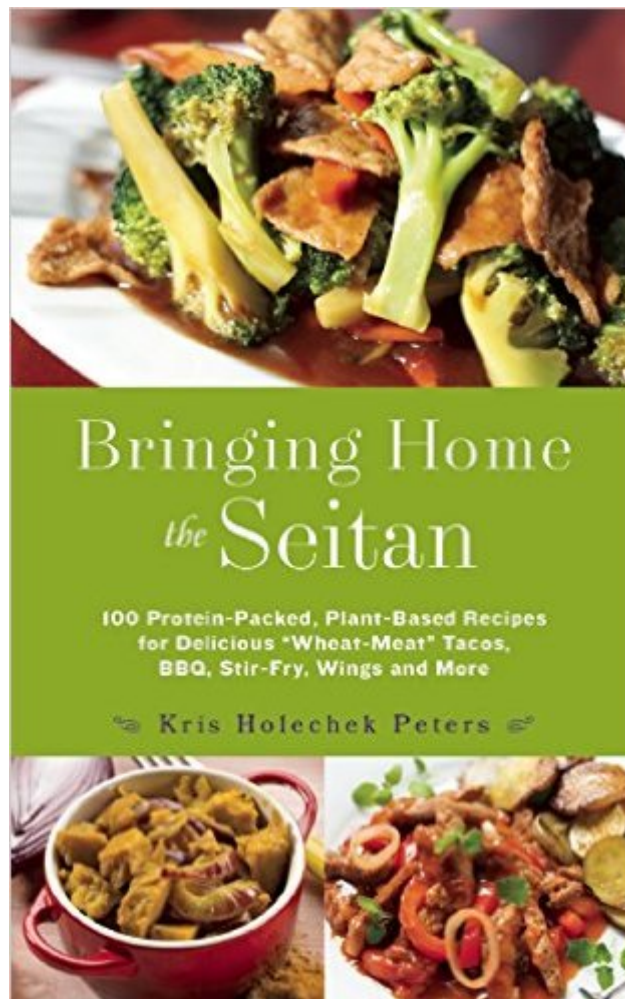


The book was found

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

Paperback: 208 pages

Publisher: Ulysses Press (October 18, 2016)

Language: English

ISBN-10: 1612436080

ISBN-13: 978-1612436081

Product Dimensions: 5.9 x 0.9 x 8.3 inches

Shipping Weight: 6.6 ounces (View shipping rates and policies)

Best Sellers Rank: #234,155 in Books (See Top 100 in Books) #58 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #403 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

[Download to continue reading...](#)

Bringing Home the Seitan: 100 Protein-Packed, Plant-Based Recipes for Delicious "Wheat-Meat" Tacos, BBQ, Stir-Fry, Wings and More 400 BBQ Recipes: Barbecue sauces and dry rub recipes for bbq ribs, bbq pork shoulder, bbq pork chops, bbq chicken breast, bbq chicken drumsticks, and bbq steak Wok This Way - 50 Asian Style Recipes - Wok Recipes - Stir Fry Recipes - (Asian Stir Fry Cookbook, Asian Wok Cooking, (Recipe Junkies - Wok Recipes) DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How to Make Protein Bars in No Time (diy protein bars, protein bars, high protein snacks) Stir-Fry Yourself Skinny (Low Fat, Stir-Fry Diet Recipes, Lose Weight Healthy Without Diet Pills Book 1) DIY Protein Bars: Simple & Tasty Homemade Protein Bar Recipes for Weight Loss, and Build Muscles to Replace a Properly Balanced Meal (Protein Bars, DIY Protein Bars, protein bars at home) Chinese Cooking at Home:

From Soups to Stir-Fry, 50 Delicious Recipes for Every Occasion! (Asian Cuisine) Vegan Protein Recipes: 51 Healthy Protein Packed Recipes for Muscle Building, Toning, & Balanced Nutrition Dutch Oven, Cast Iron and Stir-Fry Box Set (5 in 1): Easy and Delicious Dutch Oven, Flat Belly Cast Iron, Paleo, Wok Recipes (Creative Recipes & Camp Meals) My Kitchen Table: 100 Quick Stir-fry Recipes DIY Protein Bars Cookbook: Easy, Healthy, Homemade No-Bake Treats That Taste Like Dessert, But Just Happen To Be Packed With Protein! Chicken wings: 64 Simple and Delicious Chicken wing Recipes (chicken wings, chicken wing recipes, chicken wing cookbook, chicken wing recipe book) Vegan Raw Food Cookbook Part 2: More Mouth-Watering and Nutritious Recipes for Body & Mind Wellness (Plant Based, Plant Based Recipes, Alkaline, Raw Vegan) Guilt-Free Low Carb Box Set (6 in 1): Over 200 Stir Fry, Spiralizer, Freezer, Mug Meals, Tea Cleanse, Ice Cream Recipes for Healthy and Pleasurable Weight ... (Special Appliances & Weight Loss Recipes) Amor y Tacos: Modern Mexican Tacos, Margaritas, and Antojitos Alkaline Diet Cookbook: Breakfast Recipes: Insanely Good Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook, Nutrition) (Volume 1) 300 Best Stir-Fry Recipes Stir Fry Cookbook: Over 110 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 271) Superfood Smoothie Bowls: Delicious, Satisfying, Protein-Packed Blends that Boost Energy and Burn Fat Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness

[Dmca](#)