



Vegan BBQ Seitan “Ribs”

Ingredients

2 cup vital wheat gluten
1/2 cup nutritional yeast
2 tbsp smoked paprika
2 tsp garlic powder
2 tbsp onion powder
a good pinch of black pepper
2 tsp liquid smoke
2 tbsp soy sauce
1 1/2 cup vegetable broth

Preparation

1. Mix all ingredients together slowly in a stand mixer.
2. Roll out and knead mixture and shape into a round thick circle
3. Place in large pan and cover with vegetable broth.
4. Cook on low heat until broth boils
5. Turn off heat and let simmer
6. Remove Seitan and cut into “ribs”
7. Either refrigerate or cook immediately

Cooking

Grill “ribs” on an open flame grill, Sear in a pan, or bake with your favorite BBQ or any other savory sauce.