



Bringing Home the Seitan: 100 Protein-Packed, Plant-Based Recipes for Delicious "Wheat-Meat" Tacos, BBQ, Stir-Fry, Wings and More

Kris Holechek Peters

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An expansive collection of exciting seitan recipes for hearty, healthy, mouthwatering meals

One of the biggest challenges in following a cruelty-free diet is finding sources of protein other than animal-based products. Luckily, seitan has more than twice the protein per ounce as tofu!

Bringing Home the Seitan serves up tasty meat-replacement recipes for all your favorite entrees traditional made with beef, chicken, pork, lamb, turkey and even duck. Similar in appearance and consistency to meat, seitan is delicious grilled, baked, or pan fried. It's also almost magical in the way it soaks up the flavors from spices, sauces, and broths. *Bringing Home the Seitan* shows you how to maximize its tastiness with recipes for chorizo burrito, beef broccoli, pulled pork sandwich, volcanic wings, and more.

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