

Seitan Chorizo

 THE LUNCH ROOM **Recipe Box**

INGREDIENTS

- 2 ¾ cups vital wheat gluten
- ½ cup plus 1 tablespoon nutritional yeast
- 2 ¼ tablespoons smoked paprika
- 2 ¼ tablespoons dried sage
- ¼ teaspoon ground cayenne pepper
- 1 teaspoon grated lemon peel
- 2 teaspoons dried oregano
- 14 oz can pinto beans
- 2 cups vegetable broth
- 4 cloves garlic
- 2½ tablespoons olive oil
- ½ tablespoon hot sauce
- 4½ tablespoons tamari
- 4½ tablespoons tomato paste

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DIRECTIONS

1. Combine dry ingredients and lemon peel in a large mixing bowl.
2. Drain and rinse pinto beans.
3. Puree in a food processor the pinto beans, garlic cloves, olive oil, hot sauce, and 2 tablespoons of the tamari.
4. Transfer the mixture from the food processor to a medium mixing bowl. Add the tomato paste and the remaining tamari and mix well.
5. Add the above mixture to the dry ingredients. Add the broth. Roughly combine into a dough.
6. Put the dough, a couple handfuls at a time, in the food processor bowl. Pulse until evenly mixed, then place the mixed dough into an empty mixing bowl. Continue doing this until all the dough has been pulsed.
7. Next, prepare a steamer pan that can go in the oven (or you can use a stovetop set-up). Place water in the bottom pan until it just touches the base of the top pan (top pan is steamer basket, with holes). Have a lid for the top pan. Pre-heat an oven to 375 degrees.
8. Divide dough into approximately 1 cup portions. Roll each piece like a log, about 2 inches thick. Place each log onto a sheet of heavy duty foil. Roll up the foil around the log and twist closed the ends. Do not wrap tightly; the dough will expand during cooking.
9. Place your steamer basket in oven (if basket is all metal) or on stovetop. Steam for 90 minutes, turning the logs half-way through, or until firm.
10. Slice the logs and sautee the slices in a pan. Enjoy!