



Seitan Stuffed with Walnuts, Dried Cranberries, and Mushrooms

 Vegetarian  Vegan  Dairy Free

READY IN



155 min.

SERVINGS



6

CALORIES



371 kcal

SIDE DISH

Ingredients

- 1 rib celery chopped
- 0.5 teaspoon sesame oil dark
- 0.3 cup cranberries dried
- 1 teaspoon thyme dried
- 4 sprigs rosemary leaves fresh
- 1 clove garlic peeled
- 1 cup cannellini beans cooked

- 1 teaspoon ground flaxseed whole
- 1 teaspoon ground flaxseed
- 1 teaspoon marjoram
- 4 ounces mushrooms sliced chopped
- 0.3 cup nutritional yeast
- 0.5 large onion chopped
- 6 servings pepper generous
- 0.3 cup quinoa flakes quick
- 0.5 teaspoon rubbed sage
- 1 teaspoon rubbed sage
- 1 tablespoon soya sauce
- 2 tablespoons soya sauce
- 1 tablespoon smooth almond butter (preferred)
- 0.5 cup vegetable stock
- 1.5 cup vegetable stock
- 10 ounces vital wheat gluten
- 0.3 cup walnut pieces chopped
- 0.5 cup water as needed (more)
- 3 ounces bread whole wheat cut into small cubes (2 slices)

Equipment

- frying pan
- baking paper
- oven
- mixing bowl
- blender
- plastic wrap
- baking pan
- casserole dish

- aluminum foil
- microwave
- cutting board

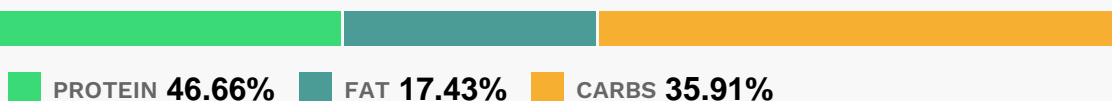
Directions

- Make the stuffing:Saut the onion and celery in a non-stick skillet until onion is becoming translucent.
- Add the mushrooms, thyme, sage, and a generous grating of black pepper and cover. Cook until mushrooms exude their juices, about 3 minutes.
- Add the remaining ingredients along with enough water to moisten the stuffing but not make it soaking wet.
- Remove from heat and keep covered.Make the seitan:In a mixing bowl, combine the dry ingredients (vital wheat gluten through chia seeds).
- Place the 1 1/2 cups of broth, white beans, soy sauce, and garlic in blender and process until liquefied. Make a well in the center of the dry ingredients, add the bean mixture, and stir until gluten is completely moistened.
- Heat all ingredients until hot but not boiling. A microwave works well for this.
- Rolling and Filling the Seitan
- Assemble:Preheat oven to 40
- Lightly oil an oval or rectangular baking dish, 11-13 inches long and 6-8 inches wide. (Your seitan will expand to fit it, so try not to use a very wide dish.) Line your work surface with plastic wrap, parchment paper, or waxed paper.
- Place the dough in the center, cover it with plastic wrap, and roll out the seitan, making sure that it is the same thickness in all places, until its about 913 (an inch or so either way doesnt matter, but make sure its not longer than your pan).
- Spread the stuffing evenly, leaving a 1-inch margin on all sides. Lift up the plastic wrap on one of the long edges and roll the seitan up like a jelly roll. (Alternatively, arrange the stuffing in a horizontal line across the middle of the seitan and bring one long edge up and over it to the other side.) Pinch the ends sealed first and then pinch well to seal the long seam. Take care to make sure that the edges are completely sealed and no gaps or stuffing shows. Lift the seitan roll carefully and place seam-side down in the prepared casserole dish.
- Pour the baking broth over it, add rosemary, and cover tightly. If the dish doesnt have a cover, use aluminum foil to cover tightly. (Did I mention tightly? Tightly! I enclosed even the bottom

of the dish in foil.)

- Bake for 25 minutes.
- Remove from oven, baste with broth, recover tightly, and bake for another 25 minutes. Baste again and return to oven uncovered for about 30 minutes. Baste 2 or 3 times as its cooking. Seitan is done when top seems firm and brown and the broth has evaporated. You can test it by cutting a small slit in the middle; if it is doughy rather than firm, return to the oven.
- Remove from the oven and let cool for 5-10 minutes.
- Transfer carefully to a cutting board or serving platter and cut into 1/2-inch slices.

Nutrition Facts



Properties

Glycemic Index:71.12, Glycemic Load:4.74, Inflammation Score:-6, Nutrition Score:13.769130463186%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 370.92kcal (18.55%), Fat: 7.39g (11.37%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 34.24g (11.41%), Net Carbohydrates: 28.41g (10.33%), Sugar: 7.92g (8.81%), Cholesterol: 0mg (0%), Sodium: 903.3mg (39.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.51g (89.02%), Manganese: 0.83mg (41.32%), Selenium: 26.14µg (37.34%), Phosphorus: 301.36mg (30.14%), Iron: 4.7mg (26.09%), Fiber: 5.83g (23.34%), Copper: 0.39mg (19.66%), Vitamin B2: 0.32mg (18.61%), Magnesium: 63.87mg (15.97%), Calcium: 140.55mg (14.05%), Folate: 53.1µg (13.27%), Potassium: 405.28mg (11.58%), Vitamin B1: 0.16mg (10.77%), Vitamin B3: 2.11mg (10.57%), Zinc: 1.37mg (9.16%), Vitamin B6: 0.17mg (8.29%), Vitamin K: 7.39µg (7.04%), Vitamin E: 0.94mg (6.29%), Vitamin B5: 0.59mg (5.87%), Vitamin A: 210.45IU (4.21%), Vitamin C: 2.26mg (2.74%)