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Vegan Sweet 'n Sour Seitan with Veggies

Serves 4

Ingredients:

- 2 tsp soy sauce
- 8 oz seitan cut into cubes
- 8 oz fresh pineapple chopped, saving juice (or 1(16oz) can crushed pineapple in juice)
- ¼ cup apple cider vinegar
- 2 TBSP soy sauce or tamari
- 1 TBSP cornstarch or yucca powder or agar powder
- 1 TBSP brown sugar
- ¼ cup vegetable broth
- 1 large red onion, chopped
- 1 TBSP garlic, minced
- 2 tsp fresh ginger, grated or 1 tsp ground ginger
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 cup grated carrots
- 1 medium red bell pepper sliced or cut into bit sized pieces
- 1 medium red chili pepper or jalapeño pepper (optional)
- 3 cups cooked brown rice (1 cup dry)

Preparation:

1. Heat the soy sauce in a large skillet over medium heat. Add seitan and cook until browned, stirring constantly, about 4 minutes. You may need to add more soy sauce or water if it starts to get too dry. Remove from skillet and set aside.
2. In a small bowl combine the juice, vinegar, brown sugar, cornstarch and soy sauce. Whisk until well combined.
3. Heat the veggie broth over medium heat in the same skillet used to brown the seitan.
4. Add the onions and garlic, cover and steam fry until onions are translucent, 3-4 minutes.
5. Add broccoli and steam fry for an additional 3 minutes. You may need to add 1-2 tablespoons of broth or water.
6. Add peppers and continue to steam fry until tender, about 3 minutes.
7. Stir in carrots, ginger, seitan, pineapple and juice mixture. Continue to cook until the sauce thickens and the pineapple is heated through, approximately 2 minutes.
8. Serve over ¾ cup brown rice per serving.



Food Fairy Note:

Adapted from: *Vegan Sweet and Sour Seitan with Veggies*, [lottaveg.com](https://www.lottaveg.com),
<https://www.lottaveg.com/vegan-sweet-and-sour-seitan-with-veggies/>