

5 Ingredient Easy Vegan Chicken

Ingredients

- 1 ½ cups vital wheat gluten
- ½ cup canned chickpeas
- 3 TBSP. miso paste
- 3 TBSP. nutritional yeast
- 1 tsp. garlic powder
- ½ tsp. poultry spice or other spice blend (optional)

Steps

1. Add all the ingredients to your food process and process along with 1 cup of water. Process until it forms a smooth dough.
2. On a clean surface, kneed the dough for 5 minutes. It will become rather tough. Set aside for 10 minutes, and then kneed for another minute. Form into a sausage, and cut the dough into 10 even pieces.
3. Working in two batches if necessary, place the pieces of chicken in a steamer and steam for about 25 minutes. Allow to cool fully before storing in the fridge, and incorporating them into your meals.

