

Tomato and Garlic Vegetarian Sandwich Meat

Ingredients

- 14.5 oz. can diced tomatoes, drained
- 7 oz. firm tofu
- ¼ cup nutritional yeast
- 3 tbsp. white miso paste
- 10 cloves garlic
- 2 tbsp. soy sauce
- 2 tbsp. olive oil
- 2 tsp. garlic powder
- ½ tsp. black pepper
- 2 ¼ cup vital wheat gluten

Steps

1. Add all the ingredients besides the vital wheat gluten in a food processor, and process until smooth. Add 2 cups of vital wheat gluten and process. Once mixed in, add the additional ¼ cup of vital wheat gluten if the dough seems too wet- you do want a fairly sticky dough, but not so much so that you can't work with it. Let the food processor run for a minute or so once the dough has come together.

2. Prepare a steamer. Take the seitan dough and kneed it a couple times, working it just enough to bring it together into a large, smooth loaf (about 4 inches in width). Wrap the loaf in parchment paper, then seal with aluminum foil. Place in the prepared steamer and steam for 1 ½ hours, checking on it periodically to make sure it has not run out of water.

3. Once the seitan is steamed, allow to cool fully and unwrap it. Slice into thin slices and store in a plastic bag or air-tight container in the fridge.

