

Vegan Holiday Roast

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/best-holiday-roast-recipe>

Ingredients:

- 1 cup red kidney beans low sodium or no salt added
- 2 cloves garlic minced
- 1/4 cup low sodium soy sauce
- 2 cups vital wheat gluten
- 1/3 cup nutritional yeast
- 1 tablespoon onion powder
- 1/2 teaspoon garlic powder
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon black pepper
- 1 1/2 cups low sodium vegetable broth

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 15 grams
3. Fat: 2 grams
4. Fiber: 4 grams
5. Protein: 37 grams
6. Sodium: 410 milligrams
7. Sugar: 1 grams

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