

Vegan Barbecue Ribs

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-bbq-recipe>

Ingredients:

- 1 cup vital wheat gluten
- 2 tablespoons nutritional yeast
- 1 tablespoon smoked paprika
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- black pepper Several grinds fresh
- 3/4 cup vegetable broth low-sodium
- 2 tablespoons natural peanut butter
- 1 teaspoon liquid smoke
- 1 tablespoon soy sauce
- 1 cup barbecue sauce choice, plus more for serving

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 35 grams
3. Fat: 5 grams
4. Fiber: 5 grams
5. Protein: 28 grams
6. SaturatedFat: 1 grams
7. Sodium: 1090 milligrams
8. Sugar: 17 grams

Thank you for visiting our website. Hope you enjoy Vegan Barbecue Ribs above. You can see more 20 persian bbq recipe You must try them! to get more great cooking ideas.