

Vegetable Pot Pie

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/seitan-recipe-chinese-style>

Ingredients:

- 1 pie crust recipe for vegan, sugar omitted
- 1/4 cup vegan butter
- 1 tablespoon palm oil
- 1 cup leeks chopped
- 1 teaspoon garlic minced
- 2 cups asparagus chopped into 1/2-inch pieces
- 1 cup carrots small dice
- 1 cup frozen peas
- 1/3 cup flour
- 1 teaspoon sage finely chopped
- 1 tablespoon habanero sauce
- 1 3/4 cups vegetable broth
- 1/2 cup unsweetened soy milk
- 1 1/2 cups seitan or your favorite faux meat, cut into small chunks

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 47 grams
3. Fat: 22 grams
4. Fiber: 7 grams
5. Protein: 9 grams
6. SaturatedFat: 6 grams
7. Sodium: 850 milligrams
8. Sugar: 6 grams

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