

Seitan & Broccoli With Pantry BBQ Sauce

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/seitan-fajitas-recipes>

Ingredients:

- 1/2 cup vegetable broth
- 2 tablespoons pure maple syrup
- 2 tablespoons molasses
- 2 tablespoons tomato paste
- 2 tablespoons peanut butter
- 1 tablespoon soy sauce
- 1 tablespoon apple cider vinegar
- 1 tablespoon prepared mustard I use Dijon
- 1/2 teaspoon liquid smoke
- 1/2 teaspoon sauce Sriracha hot
- 1 tablespoon olive oil
- 1 onion small, thinly sliced
- 1 salt
- 1 pound seitan thinly sliced
- 3 cloves garlic minced
- black pepper fresh
- 3 1/2 cups broccoli florettes and peeled and sliced stems

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 47 grams
3. Fat: 14 grams
4. Fiber: 6 grams
5. Protein: 93 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 790 milligrams
8. Sugar: 17 grams

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