

Seitan Tinga

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Servings: 30 Serving Size: 8 oz.

Ingredients	Quantity	Measure
Seitan, Nature's Soy chicken	4	Pounds
Garlic, peeled	4	Ounces
Peppers, sliced	3	Pounds
Onions, white, sliced	3	Pounds
Marinara sauce	106	Ounces
Pepper, chipotle	3	Ounces
Onions, white, diced	1	Pound
Oregano, cleaned	3	Ounces
Bay leaf, whole	1	Each
Parsley, Italian	3	Ounces
Cilantro	4	Ounces
Salt, kosher	2	Ounces
Black Pepper, ground	1	Ounce
Olive oil, extra virgin	4	Ounces

Preparation

1. Mince garlic. Pluck oregano from stem. Soak cilantro, shake and let rest on towel to dry. Pluck from stem and rough chop cilantro.
2. In a large stock pot, heat 1 oz of oil. Sauté: 1 oz salt, 0.25 oz pepper diced onions, garlic and bay leaf until onions sweat. Add chipotle.
3. Add sauce to stock pot along with oregano and parsley. Simmer sauce for 30 minutes, stirring frequently. Purée sauce with immersion blender.
4. Adjust sauce to taste with salt and pepper.
5. Pour remaining oil to preheated flat top at 375 F. Add garlic and onion, cook until they begin to sweat. Add peppers and seitan. Season with salt and pepper.
6. When vegetables and seitan are seared and cooked, place in serving dish. Finish with a chipotle tomato sauce.
7. Garnish with cilantro.

