



TEMPL FOODS
A NATURAL ALTERNATIVE TO MEAT



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Seitan Lime-Coconut Broth

- 1 lb Michael's Savory Seitan sliced into thick strips
- 1 Tablespoon extra virgin coconut or olive oil
- 1 Cup thinly sliced onion
- 2 Garlic cloves, thinly sliced
- 1 Teaspoon ground cumin
- 1/2 Teaspoon turmeric
- 1 Teaspoon sweet paprika
- 1 Teaspoon brown sugar or maple syrup
- 1 (14 ounce) can coconut milk
- Zest from one lime
- 2 Tablespoons freshly squeezed lime juice



What to do:

1. In medium saute pan over medium heat, warm the oil.
2. Saute the onion and 1/2 teaspoon salt for 5 minutes.
3. Add the garlic, cumin, turmeric, paprika, and sugar.
4. Saute, stirring occasionally, for 3 minutes.
5. Add the coconut milk, lime juice and zest, and seitan.
6. Raise heat and bring to a boil.
7. Reduce the heat to low, and simmer for 15 minutes

Prep time: • 10 mins • **Cook Time:** 30 mins • **Makes 4 servings**

Michael's Savory Seitan is All Natural and does NOT contain the following: No Dairy, Animal Origin, Refined Sugars, Preservatives, Artificial Coloring, Honey, Trans Fat, Cholesterol & is Low Sodium

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Seitan contains complex carbohydrates that raise body metabolism, while providing a good source of protein. It is low in fat and has no cholesterol, making it the perfect choice for a meatless diet.