



TEMPL FOODS
A NATURAL ALTERNATIVE TO MEAT



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Cheesesteakless Hoagie

- 8 oz Onions
- 4 oz Pepper
- 4 oz Portobelo
- 1/2 oz Olive oil
- 1 teaspoon Bragg's Aminos
- 1 teaspoon Agave
- 4 oz Soy Mozzarella
- 6 Whole Grain Hoagie Rolls
- 12 oz **Michael's Savory Seitan**



NUTRITIONAL FACTS PER SERVING (daily value):

Calories **394.842kcal**, Protein **14.189g (28%)**, Total Fat **6.969g (11%)**, Sat. **1.357g (7%)**, Chol. **0mg (0%)**, Carb. **70.951g (24%)**
Fiber **7.16g (29%)**, Sugars **7.844g**, Calcium **267.642mg (27%)**, Iron **8.917mg (50%)**, Sodium **841.501mg (35%)**, Vit. C **5.012mg (8%)**
Vit. A **71.26IU (1%)**

What to do:

1. Saute Onions, Pepper and Mushroom in medium heat until browned, about 10 minutes.
2. Set the vegetables apart or use a new pan.
3. Pre-heat the pan for ~2 minutes in high heat.
4. Add Olive Oil to the hot pan.
5. Squeeze the seitan to drain liquid, pull into smaller bits, if needed. Add to the hot pan, bring to medium heat and brown for ~10 minutes.
6. Add Bragg's Aminos and Agave to the pan during the browning.
7. Melt the Soy Mozzarella on top of the Browned Seitan while still hot.
8. Press Whole Grain Hoagie Rolls against a hot pan with Olive Oil and Garlic.
9. Scoop Seitan/Cheese onto the Hoagie Rolls and top with vegetables.
Add salt and hot sauce if desired.

Prep time: 10 min • Cook Time: 30 min • Makes 6 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.

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