

no-chicken chimichangas

4 10 inch tortillas  
1 pkg. chicken style seitan, drained and chopped  
1 can great northern beans, drained  
1/2 vidalia onion, chopped  
2 large cloves garlic, peeled and chopped  
1 4 oz. can green chilis, or 1/2 c. fresh green chilis  
2 cans green enchilada sauce  
olive oil  
1 tsp. old bay seasoning  
1 tsp. cumin  
canola oil  
salt and pepper to taste  
toppings: chopped lettuce, diced tomatoes, diced avocados, vegan sour cream, fresh cilantro, green hotsauce.

heat 2 tbsp. olive oil in skillet. saute onion with a pinch of salt and pepper for a minute or two. add garlic and saute a minute more. add chicken seitan and salt and pepper to taste. stir and let flavors combine.

add old bay seasoning, cumin and stir. add beans, gently stirring so as not to smash apart. add a bit more salt and pepper. simmer for 3-4 minutes. add green chilis, stir, and remove from heat. let sit and marinate flavors.

wrap tortillas in slightly damp towel and heat until warm. this softens the tortilla so it is easier to fold and wrap. lay tortilla on flat surface and place a mound of seitan mixture and a squirt of green hot sauce if desired. fold in half and pocket ingredients, fold the ends up and roll to close. to keep the chimi from opening while frying, pierce with a wooden skewer.

heat your canola oil to 375 degrees in a deep skillet or deep fryer. place chimi into hot oil for 3-5 minutes, turning occasionally if using a skillet. for a low calorie version, bake in 375 degree oven for 20-25 minutes, or until golden brown.

when chimichangas are ready, place on a plate and top with a dollop of vegan sour cream, avocados, tomatoes, lettuce, onions, and fresh cilantro. serve with ice cold cerveza, or mexican beer. (serves 4)