

"steak" sandwiches

2 packages of seitan - drained, and cut into bite size pieces  
1 red bell pepper - sliced  
1 yellow bell pepper - sliced  
1 yellow onion - sliced  
2 cloves garlic - minced  
1 small shallot - minced  
1/4 cup red wine  
3 tbsp tamari  
olive oil  
1 large baguette

*rhymes with vegan*  
in a large bag or bowl combine your seitan, wine, tamari, garlic and shallot. let sit and marinate for 1/2 hour at least.

in a skillet, heat 3 tbsp olive oil. add your marinated seitan and begin to brown. once they have gotten lightly browned on all sides, add the peppers and onions and stir fry them until they are slightly wilted.

slice your baguette in 1/2 and then into 1/4 length portions. smother my creamy horseradish sauce onto each bottom of baguette. pile each with a heaping mound of the "steak" and peppers.

serve with my vegan au jus as a dipping juice on the side.

enjoy!