

tofu/seitan kabobs with chipotle bbq sauce

tofu, extra firm
seitan
red pepper
green pepper
baby bella mushrooms
red onion
fresh pineapple
spicy chipotle bbq sauce
peanut oil
olive oil
green scallions
salt and pepper

rhymes with vegan

preheat grill. Cut kabob food into 1 ½ inch cubes and lace onto skewers.
generously brush peanut oil onto the tofu and seitan, and olive oil onto the veggies.
grill until evenly cooked on all sides, about 10 minutes or so.

remove skewers from grill. carefully slide pieces of food off skewers and into mixing bowl. Add bbq sauce and stir until nicely coated. add salt and pepper and garnish with green scallions. Serve over smashed potatoes with chives.