

BRYANNA'S SPICY SPUR-OF-THE-MOMENT MELANGE OF BLACK BEANS, ROASTED VEGETABLES AND SEITAN
Serves 6 to 8

Roasted or Broiled Vegetable/Seitan Mixture:

1 large red bell pepper, seeded and cut into approximately 3/4" chunks
1 large green bell pepper, seeded and cut into approximately 3/4" chunks
1 medium sweet potato, peeled and cut into 3/4" chunks
2-3 cups of seitan strips (*Or, alternatively, you could use reconstituted Soy Curls™, smoked tempeh or smoked tofu instead.*)

(For the seitan, I used the "Pulled Phauxrk" [pronounced like "fork"] recipe from <https://avocadosandales.com/2018/02/06/pulled-phauxrk/>, which is amazing!)

about 2 tablespoons of dark sesame oil
smoked sweet or hot paprika
salt to taste

Rest of the Melange:

1 tablespoon olive oil
1 medium onion, chopped
2 large cloves garlic, peeled and minced
4 cups cooked or canned black beans (*use 2/ 19 oz. cans*), rinsed and drained
2 cups vegan broth
14 oz. whole or diced canned tomatoes and juice (*If tomatoes are whole, chop them roughly.*)
2 tsp. EACH dried thyme and oregano
1 bay leaf
1 chopped canned chipotle chile in adobo sauce, with the a little of the sauce
(Idea: *Freeze the rest of the chiles and sauce in the can in an ice cube tray, then pop the frozen chiles and sauce into a freezer container or bag to use in other dishes.*)
liquid smoke to taste (*about 1 teaspoon*)

Serve with:

steamed rice
braised greens with garlic

Making the Roasted or Broiled Vegetable/Seitan Mixture:

Place the pepper chunks, sweet potato chunks and seitan in a 9 x 13" baking pan and toss with the sesame oil, smoked paprika and salt to taste.

Now, there are two ways to cook the veggie/seitan mixture (*well, three ways actually-- you could grill it, but I'll leave that up to you!*)-- roasting or broiling. **If you want to roast**, place the pan in a preheated 450°F oven and roast for about 15-20 minutes,

tossing once or twice, or until the vegetables are tender but not falling apart, and a bit browned. **If you want to broil (my choice)**, add a few squirts of water from a squeeze bottle to the pan and place the pan about 4 inches under your broiler coils; turn broiler on to High. Broil until the mixture until the vegetables are tender but not falling apart (*adding a few more squirts of water if they are getting too dry*), and a bit browned, and the seitan is a bit charred (*but not too much!*). Remove from the oven and set aside.

To make the Rest of the Melange:

Saute the chopped onions and garlic in the olive oil in your wok or stew pot or large, heavy skillet over medium-high heat until softened and perhaps a bit browned. Another option, which will allow you to proceed with the next part of the recipe, is to cook the onions and garlic in the olive oil in a covered microwave-safe pie pan or casserole with a lid. Cook on High for about 5 minutes, then scrape into your pot or pan.

Add the beans, broth, tomatoes, the Roasted or Broiled Vegetable/Seitan Mixture, thyme, oregano, bay leaf, chopped chipotle chile with its sauce, and the liquid smoke. Mix thoroughly but gently with a large spoon. Bring to a boil, then turn down to a simmer, cover and cook for about 20 minutes. (*That's enough time to cook some rice, if you haven't done it already.*)

Taste for salt and serve with the rice and braised greens.

Nutrition Facts

Nutrition (per serving): 319 calories, 70 calories from fat, 8g total fat, 0mg cholesterol, 468.2mg sodium, 847.1mg potassium, 45.1g carbohydrates, 13.2g fiber, 7.5g sugar, 20.5g protein, 9.2 points.