



Seitan Stew

NIBBLEDISH CONTRIBUTOR

Ingredients

Serve 2

- 150g of seitan
- 300g of tomato sauce
- 100g of new potatoes*
- 100g pees*
- 50g of onion
- 1 garlic
- 1/2 carrot
- 1 glass of water
- 1 tea spoon of wine vinegar
- oregano
- white pepper
- paprika
- turmeric

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- red pepper
 - rosemary
 - salt
 - oil
 - parsley

**frozen*

Instructions

Make thin slices of the onion, the garlic and the half carrot.

Cut the seitan in medium pieces.

Put all in a medium pot, so add the frozen peas and new potatoes and the tomato sauce.

Now complete with all the spices, oil, water and the glass of water.

Cook all for 45 minutes over a low flame with a lid, until the water it's dried.