

# Seitan in tomato sauce



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For 2-3 servings:

For seitan (see recipe [here](#))

2 teaspoons paprika powder

1 teaspoon garlic powder

1 teaspoon onion powder

1 tsp carob powder (optional, for color)

2 tablespoons soy flour (optional)

10 peppercorns

2 bay leaves

## For the sauce:

4-5 tablespoons of tomato passata (or 2-3 tablespoons tomato paste)

4-5 cloves of garlic, finely chopped

2 teaspoons thyme

2 tablespoons olive oil

salt and pepper, to taste

Add to the seitan dough the paprika-, carob-, onion-, garlic powder and soy flour than follow the steps from the seitan recipe.

Cut the seitan into desired shape and cook for about 30-40 minutes, in water with peppercorns and bay leaves. Drain well.

Put the seitan in a oven tray.

Mix the olive oil, tomato passata (or the tomato paste dissolved in a cup of water) with the garlic and spices. Pour over seitan and bake in the oven on medium heat for about 15-20 minutes.

Served with various side dishes and salads / pickles.