

Hello fellow foodie! Want to add a little pizzazz to your next meal? Learn to create delicious and healthy sauces on-the-fly with *Get Sauced With Sass!* Sauces are just what you need to add a unique spin to every meal. Your meals will never be boring again!



Hope you enjoy this little preview from Section 3 of the course. I'm here when you're ready! ☺

Giant hugs to you,

Sassy



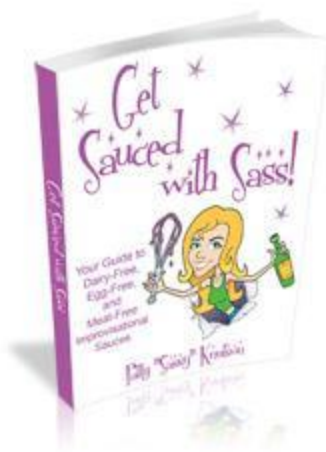
Seitan resembles roast beef in consistency yet has a mellower flavor. Since I sautéed the seitan with green peppers and onions, a little tamari, salt, and lots and lots of black pepper, this added more flavor to the dish. So this bean-based sauce didn't need quite as deep and strong of a flavor as if it were to be poured over unflavored seitan.

Remember, always keep the taste of the overall dish (including the sauce) in mind when you create your masterpiece.

Smoky Seitan Sauce

Yield: 2 cups

- 1 cup Great Northern Beans (base)
- ¼ - ½ cup vegetable broth (liquid)
- 1 Tablespoon extra-virgin olive oil (fat)
- ¼ cup nutritional yeast (cheesy)
- 2 teaspoons lemon juice (sour)
- 1 teaspoon miso (salty)



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\$37

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Thank you, and enjoy! ☺