

Vegan Reuben Sandwiches

From the kitchen of Delisa Renideo

If you have the ingredients made up for these sandwiches, they are quick to prepare and really delicious! You can find the recipes for [seitan](#) (also called gluten chicken) and [cheesy sauce](#) on the AVS Recipe page. (Just click the button below).



For 1 sandwich:

1. Heat sauerkraut and thinly sliced seitan in a small saucepan.
2. Spread 2 slices of whole-grain bread with a generous layer of cold cheesy sauce.
3. Mix some Dijon mustard and ketchup together, approx. half and half, and spread or squirt this mixture generously over the cheesy sauce.
4. Layer the sliced seitan and sauerkraut on one of the slices of bread and cover with the second slice of bread.
5. Spray bread lightly with cooking spray, like Pam.
6. Toast sandwich on an ungreased griddle or pan, turning when first side is brown.
7. Enjoy, knowing there is very little fat, no cholesterol, and no animal suffering in this sandwich!

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