

Ground Seitan Chili

2 cups dried pinto beans
2 medium onions diced
7 C water
4-inch piece kombu
2 level tsp. sea salt
2 tsp. olive, sesame or safflower oil (you can use less or no oil as well)
2 TBSP. mild chili powder (or to taste)
1 TBSP. ground cumin
Soy sauce

1. Sort, wash and soak the pinto beans overnight with the kombu.
2. Remove the kombu and chop into $\frac{1}{4}$ inch squares. Set aside.
3. Place the pintos and soaking water in the pressure cooker. Bring to a boil and skim off the foam until no more foam rises. Add the chopped kombu and bring up to pressure. Cook for 50-60 minutes.
4. Sauté the onions with oil and salt until the onions are transparent. Add the chili powder and ground cumin and sauté a little longer.
5. Add the cooked pinto beans and simmer with a heat deflector under the pot.
6. Add the ground seitan and adjust the salt if needed by adding soy sauce.
7. Onion granules as an added seasoning are tasty, too.

Quick Ground Seitan Using Gluten Flour

1. Mix $1\frac{1}{2}$ C gluten flour with $1\frac{1}{2}$ C whole wheat bread flour.
2. In a separate bowl, put 3 C slightly warm water.
3. Whisk in the flour mixture a little at a time until it becomes too thick to mix with a whisk. Continue adding the rest of the flour and mixing with a wooden spoon or by hand. Knead a few strokes to make sure the consistency is evenly mixed.
4. Cover the ball of dough with warm water and let rest for 15 minutes.
5. Rinse out the most of the starch and bran.
6. Bring a generous wide pot of salted water to a boil.

7. Squeeze off 2-3 inch chunks of gluten and drop into the boiling water. Gently lift from the bottom so the balls do not stick and can move freely.
8. The seitan is done when it is the same color all the way through and not sticky in the center.
9. Drain in a colander and transfer to a bowl of cool water. Change the water 2 or three times to cool off the seitan.
10. Grind through an old hand meat grinder. If you do not have one of these, it can be chopped in a blender or food processor to a 'hamburger size and consistency.

Macrobiotics