

Shish Kebabs

Serves: 4

Prep time: 15 minutes

Cook time: 12 minutes



**Vegetarian & Vegan
Meats & Treats**

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INGREDIENTS

Ingredients:

- *2 cups Plant Basics Hearty Plant Protein Strips
- *1 packet Seitenbacher Vegetable Broth Seasoning, divided
- 3 cups water
- 3 tbsp. canola oil or light/mild olive oil
- 1 onion, cut into 1.5" squares
- 2 bell peppers (colors of your choice), cut into 1.5" squares
- 1 1/4 cup mushrooms
- 1 1/4 cup cherry tomatoes
- 12, 10" skewers

Serving suggestions:

- Side Dishes:
 - o Rice
 - o Skillet or Grilled Potatoes
 - o Tossed Green Salad
 - o Fruit

Directions:

- 1) Combine the Hearty Protein Strips, 4 tsp. broth mix, 3 cups water and boil until tender (12-15 minutes).
- 2) Transfer the tender Protein Strips to a colander, drain the excess water, and press out as much water as possible.
- 3) In a large bowl, whisk together the oil and 2 tsp. Seitenbacher Vegetable Broth Seasoning.
- 4) Add all of your veggies to the bowl and toss in the oil until evenly coated.
- 5) Fill the skewers with alternating veggies and Protein Strips. Start with the largest strips, and keep going until your skewers are filled. Some strips may not be large enough to skewer.

6)

To Broil:

Move the top rack of your oven to the highest position

Place the kebabs on a broiling pan or cookie sheet with a rack (to raise the kebabs out of their own liquid)

Broil on high until the veggies are darkened and tender, rotate every 2-3 minutes to cook on all sides (10-15 min.)

To Grill:

Build a medium-hot fire

Grill the kebabs until the veggies are darkened and tender, rotate every 2-3 minutes to cook on all sides (10-15 min.)



STEP 1



STEP 3



SERVED

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