

## Seitan Gyro



### Ingredients:

#### For the Seitan:

3 cups vegetable stock  
3 cups vital wheat gluten  
1/4 cup vegetable oil  
1/4 cup nutritional yeast  
2 tablespoons soy sauce  
2 tablespoons apple cider vinegar  
2 tablespoons vegan beef bouillon granules  
2 tablespoons tomato paste  
2 teaspoons each of:  
    Black pepper  
    Celery salt  
    Dried basil  
    Dried oregano  
    Dried thyme  
    Garlic powder  
    Ground mustard seed  
    Onion powder  
    Sea salt  
    Smoked paprika

#### For the Tzatziki Sauce:

4 cloves garlic, minced  
2 cups vegan Greek yogurt  
1/2 cup fresh dill, finely chopped  
1 medium English cucumber, grated  
1 tablespoon kosher salt  
1 tablespoon freshly ground black pepper  
Zest from one lemon  
Juice from one lemon

#### For the Gyros:

6 rounds of pita bread  
2 cups fresh spinach leaves, rinsed and air dried  
2 cups red onion thinly sliced  
1/4 cup fresh dill

### Directions:

#### For the Seitan:

1) Pre-heat your oven to 375 degrees.

- 2) Combine all the dry ingredients in a large bowl.
- 3) Combine all the wet ingredients into a smaller bowl.
- 4) Add the wet ingredients to the bowl with the dry ingredients and stir together until you have a large ball.
- 5) Knead the dough a few times, pressing and folding to encourage the gluten to bind with the remaining ingredients.
- 6) Using two sheets of aluminum foil, crimp them together to form a center seam, transfer the seitan dough to the foil and close the foil up around the seitan forming a large, airtight pouch.
- 7) Place the foil pouch on a baking sheet, place it in the oven and bake the seitan for 90 minutes.
- 8) Remove the seitan from the oven and allow it to cool completely. Leave it in the foil, and place the cooled pouch into the refrigerator overnight.
- 9) When you're ready to serve the seitan, slice into very thin slices and heat it in the microwave or a foil pouch in the oven for 5 – 10 minutes.

For the Tzatziki Sauce:

- 1) Combine all ingredients in a small bowl. Adjust seasoning as needed.

To serve the Gyros:

- 1) Warm the pita bread in a foil pouch in the oven for 5 – 7 minutes before serving.
- 2) Place a pita bread round on a plate and line a layer of spinach leaves on top.
- 3) Add a layer of the sliced, warm seitan, followed by 2 tablespoons of the Tzatziki sauce, a pinch of fresh dill and several slices of red onion.