

GREEN  
CHEF

# VEGAN BISCUITS 'N' GRAVY

Seitan-mushroom gravy, potato mash, sautéed chard

VEGAN

35  
MIN

PREP + COOK TIME



**780 calories per serving | serves 2**

This breakfast favorite is reimagined for the vegan dinner table.

Cremini mushrooms and protein-packed seitan are cooked in a rich mushroom gravy, then served over a hearty bed of mashed potatoes. The potatoes and gravy are paired with freshly baked sweet potato biscuits for savory-sweet flavor notes.

Cooked red chard adds a nutrient boost on the side.

## INGREDIENTS (10 items)

**Italian-seasoned seitan (W)**

**Biscuit dry mix (W)**

**Sweet potato purée & almond milk (TN)**

**Scallion**

**Cremini mushrooms**

**Red chard**

LOOK FOR THIS COLOR LABEL!

**Mushroom bouillon**

**Russet potato**

**Shallot & garlic**

**Flour with porcini powder (W)**

All recipes contain organic ingredients. Look for organic on the label.

🚰 Wash & dry fresh produce.

Contains: (W) wheat, (TN) tree nut

**Food allergen notice (including gluten):** Our ingredients are processed and packaged in the same facility, and cross-contact with major food allergens may occur. While we follow industry-leading best practices in safe food handling, trace amounts of allergens may exist in your meal.



## FROM YOUR PANTRY

cooking oil, salt & pepper, flour, olive oil, paper towels


## TOOLS YOU'LL NEED

knife & cutting board, cooking spoon, small pot with lid, medium bowl, peeler, medium sauté pan, strainer, large sauté pan, potato masher, biscuit cutter, small baking dish, oven mitt, liquid measuring cup

Heads Up! Avoid over-mixing to prevent tough, dense dough.




### 1 MAKE BISCUIT DOUGH

 **Preheat oven to 425 degrees.** Thinly slice **scallion**; discard root end. Place **biscuit dry mix** in a medium bowl. Add scallion and ½ teaspoon salt; stir. Add **sweet potato purée and almond milk**. Mix thoroughly to form a cohesive dough (see Chef's Tip). Lightly dust cutting board with flour (reserve packaged flour for gravy). Transfer **biscuit dough** to cutting board.



Here's Why: Fitting biscuits snugly in a small baking dish will help them stay upright while baking.

### 2 FORM & BAKE BISCUITS

Press **biscuit dough** into a large disk, about 1-inch thick. Cut out 4-6 rounds with a biscuit cutter (or water glass). Place in a small lightly oiled baking dish (see Chef's Tip). Gently reform remaining dough into a disk. Cut out two more rounds and place in baking dish. Discard excess dough. Bake 18-20 minutes, or until biscuits are puffed and browned. 



### 3 BOIL & MASH POTATO

Meanwhile, peel **russet potato**. Medium dice into ½-inch pieces. Place in a small pot. Cover with at least 2 inches lightly salted water. Bring to a boil. Reduce heat to medium-low. Cover. Cook 15 minutes, or until tender. Strain. Return potato to pot. Mash with a potato masher (or fork). Add 1-2 tablespoons olive oil; stir. Salt and pepper to taste.



### 4 PREP VEGGIES

Meanwhile, wipe **cremini mushrooms** clean with a damp paper towel. Remove stems, if desired. Cut caps into about ¼-inch thick slices. Mince **garlic**. Remove center stems from **red chard**; discard. Roughly chop leaves into bite-size pieces. Cut ends off **shallot**; remove peel. Small dice into about ¼-inch pieces.



### 5 SAUTÉ SEITAN & SHALLOT

Roughly chop **Italian-seasoned seitan** into bite-size pieces. Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium heat. Add seitan to hot pan. Cook 3 minutes, or until browned, stirring occasionally. Add 1-2 more tablespoons of cooking oil, if needed. Add **shallot**. Cook 2 minutes, or until shallot softens, stirring occasionally.



### 6 MAKE GRAVY

Add **mushrooms** to pan with seitan. Cook 4 minutes, or until mushrooms are lightly browned, stirring occasionally. Add **flour with porcini powder**. Stir. Cook 1 minute, stirring continuously. Add about 1 cup water. Crumble **mushroom bouillon** over pan. Stir to dissolve. Cook 3 minutes, or until gravy thickens. Remove from heat.



### 7 COOK CHARD

Heat about 1 ½ tablespoons olive oil in a large sauté pan over medium heat. Add **garlic** to hot pan. Cook 30 seconds, stirring continuously. Add **chard**. Cook 5-7 minutes, or until wilted and tender, stirring occasionally. Salt and pepper to taste.



### 8 PLATE YOUR DISH

Divide **potato mash** between plates. Spoon **seitan-mushroom gravy** over top. Serve **sautéed chard** and **sweet potato biscuits** on the side. Enjoy!

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