

That's what I'm talking about

**HAMILTON**  
relay



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*"Things could always be otherwise."*

That's what I'm talking about



## Ingredients:

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*2 tsp olive oil*

*2 liters water*

*1 (16-ounce) box of farfalle noodles*

*2 cloves garlic, minced*

*8 ounces baby bella mushrooms, sliced*

*1 package West Soy Chicken Style Seitan, including broth\**

*1 (8.5 ounce) jar Sun Dried Tomatoes, julienned*

*1 bunch fresh cilantro, chopped*

*Salt and pepper to taste*

*Fresh shredded parmesan cheese (optional)*

*\* Can substitute diced chicken breast and a can of chicken broth in place of Seitan.*

## Keaton's Vegan Cilantro Chik'n

## Directions:

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1. Heat 2 tsp olive oil in a deep pan over medium heat. (You may use the oil from the sun dried tomatoes for extra flavor.)
2. Bring 2 liters water to boil in a large pot with a dash of salt. Add farfalle noodles and cook al dente.
3. Add minced garlic to pan, cook two minutes, then add mushrooms, seitan, and sun dried tomatoes. Stir and cook another 3 minutes.
4. Add broth, bring to boil and reduce heat to med-low. Simmer 5-8 minutes.
5. When farfalle is cooked al dente, drain noodles and return to pot.
6. Add mixture from the pan to the noodles, add cilantro and stir until uniform. Place a lid on the pot and let sit another 10 minutes.
7. Serve and enjoy!