



Vegan Barbecue Ribs

Ready for a healthy cookout? This recipe for vegan ribs is a great way to kick off outdoor grilling season. The nutritional yeast works as both a binder and a source of lean protein, and the other spices combine to lend a traditional barbecue ribs flavors. These “ribs” go great with vegan coleslaw and baked potatoes. Bon appétit!

Ingredients

- 1 cup vital wheat gluten
- 2 teaspoons smoked Spanish paprika
- 2 tablespoons nutritional yeast
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 3/4 cup water
- 2 tablespoons peanut butter, tahini or other nut butter
- 1 teaspoon Liquid Smoke
- 1 tablespoon soy sauce
- 1 cup of barbecue sauce

Preparation Process

Mix the first wheat gluten, paprika, nutritional yeast, onion powder and garlic powder thoroughly in a large bowl, then stir in the water and nut butter, Liquid Smoke, and soy sauce.

Lightly knead the ingredients together, then spray a baking dish with canola oil and place the dough inside.

Flatten the dough inside the baking dish so that it fills the pan, then cut the dough into 8 strips. Turn the pan and cut the strips once more, to form 16 small pieces

Bake at 350 degrees for 25 minutes, then remove from the oven and re-cut each of the 16 strips and coat the top of the strips with barbecue sauce

Flip the mixture over on either a heated grill pan or an outdoor grill, so the sauce side is down. While it cooks, brush the top of the ribs with additional sauce

Continue to grill until the ribs brown, then flip and cook the other side, adding more sauce as needed.

Remove from the grill and serve with the side dish of your choice.

If you want to watch the video again. Click [here](#).