

NO-MEATA FAJITAS HARVEST CASSEROLE

Ingredients:

- ½ lb. of White Mountain Foods No-Meata Fajitas marinated in tamari broth, cut in small chunks
- 2 tsp. vegetable oil
- 1 med. onion, sliced
- 2 small carrots, peeled and sliced on the diagonal
- 1 med. yellow squash, diced
- 1 med. zucchini, diced
- 1 gray or roly-poly squash, diced
- 2 cloves garlic, minced
- 1 tsp. grated ginger
- ½ cup pineapple juice
- 1 large tomato, pureed
- 1 T. seitan marinade or 2 teaspoons tamari with 1 teaspoon water
- 1 T. arrowroot (starch) mixed with 1 tablespoon water

Directions:

Heat oil in large sauté pan over medium-high heat. Add onion and carrots. Cook for about 5 minutes until onion starts getting translucent. Add seitan, squash, garlic, and ginger and sauté for about 5 more minutes. Add the pineapple juice, pureed tomato, and marinade. Stir and cook for a couple of minutes. Remove pan from heat. Add the arrowroot mixture, stir well. Return to heat and stir until sauce thickens. Serve hot over rice or noodles.