

Vegan Turkey Roast



4.86 from 7 votes

Delicious vegan turkey seitan and tofu roast--perfect for Thanksgiving and Christmas

Prep Time

30 mins

Cook Time

2 hrs 15 mins

Course: Entree Cuisine: American Servings: 10 Calories: 295kcal Author: [Lindsay Reynolds](#)

Ingredients

For the Stuffing:

- 2 celery stalks finely chopped
- 1 medium onion finely chopped
- 1 tablespoon olive oil
- 14 oz vegan cornbread stuffing of your choice
- 2/3 cups brown rice cooked
- 2 cups warm water
- 1 teaspoon seasoned salt
- 1/2 cup black olives sliced
- 1/4 cup pecans finely chopped
- 1/4 cup fresh cranberries optional
- 1/4 cup mushrooms canned (optional)

For the Roast:

- 14 oz extra firm tofu
- 1/3 cup sunflower oil
- 1 3/4 teaspoon seasoned salt
- 1 1/2 teaspoon nutritional yeast flakes
- 1/4 teaspoon sugar
- 3/4 teaspoons lemon juice
- 2 1/2 teaspoons Bragg's liquid aminos or soy sauce
- 2 teaspoons sage ground
- 1/4 teaspoon savory
- 1 cup vital wheat gluten

Instructions

For the Stuffing:

1. Saute chopped onion and celery in olive oil for 5-10 minutes, or until onion is nearly clear.
2. Mix onion, celery, and remaining stuffing ingredients in a large bowl, then pour into a 9 X 13 inch baking dish. Bake at 350 degrees Fahrenheit for 10 minutes covered, then for an additional 5-10 minutes uncovered.

For the Roast:

1. Place all roast ingredients except gluten flour in a blender or food processor. Blend until smooth.

2. Place tofu mixture in a bowl. Slowly mix in vital wheat gluten about 1/4 cup at a time (until you reach about 1 cup). Adjust amount of gluten flour as needed. Very little dough should be sticking to the side of your mixing bowl.
3. Separate dough into 2 equal halves, then press each half into the bottom of a shallow bowl, until the dough extends about 1/2 inch up the side of the bowl.
4. Spoon about 1 1/2 cup prepared stuffing into the center of one half. Press stuffing into dome. Place other dough half on top of dome, and press dough edges together.
5. Place several cups of water in steamer and bring to boil. Wrap roast snugly in cheese cloth, followed by aluminum foil, and place in steamer. Cover and steam for 1 hour.
6. Remove roast from steamer, and remove aluminum foil and cheese cloth.
7. Place roast in a baking dish, and pour baste over it. Cover baking dish with aluminum foil and bake at 350 degrees F for approximately 1 hour and 15 minutes. Check roast after 45 minutes of baking to re-baste, as needed.
8. Serve and enjoy!

Notes

Update June, 2019: Originally, I used the baste recipe from Tofurky.com for this recipe. Unfortunately, it appears this is no longer a baste recipe available on the website. Once I have developed a baste recipe myself, I will update this recipe to include it. For now, I'd use a combination of Bragg's liquid aminos, orange juice concentrate, and olive oil. Once I have the exact measurements hammered down, I will post them. Thanks!

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Nutrition

Calories: 295kcal | Carbohydrates: 23g | Protein: 15g | Fat: 16g | Saturated Fat: 2g | Sodium: 1047mg | Potassium: 176mg | Fiber: 3g | Sugar: 2g | Vitamin A: 3% | Vitamin C: 1.6% | Calcium: 5.8% | Iron: 10.7%