



# Vegan BBQ Chicken Sandwich Recipe

Author: Chuck Underwood Prep Time: 40 min Cook Time: 20 min

Total Time: 1 hour Yield: 4-6 sandwiches  Category: BBQ

Method: Stovetop Cuisine: American Diet: Vegan

## Description

Summer is right around the corner, and that means BBQ picnics! You'll be the envy of the group showing off this Vegan BBQ Chicken Sandwich

## Ingredients

### The "Chicken"

- 4 oz. Butler Soy Curls (*1/2 bag*)
- Veggie broth or no-chicken broth for sautéing
- BBQ sauce
- Buns

### The Seasoning

- 1/2 c. nutritional yeast
- 2 tsp smoked paprika
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp poultry seasoning
- 1/2 tsp onion powder
- 1/2 tsp each of oregano, thyme, & basil
- 1/4 tsp each of rubbed sage, black pepper, & brown sugar
- pinch of cayenne

### The Coleslaw

- 1 bag (14oz) organic coleslaw mix

### Dressing

- 1/2 c. non-dairy yogurt (Forager's or Kite Hill)
- 1 Tbs apple cider vinegar
- 1 Tbs dijon mustard

1 Tbs brown sugar (or sweetener of choice)

1 1/2 tsp lemon juice

1/2 tsp kosher salt

1/2 tsp ground black pepper

1/4 tsp celery seeds

## Instructions

- 1 Place 4 oz of soy curls into a large bowl and cover with water to rehydrate while we make the seasoning and coleslaw.
- 2 Mix all of the seasoning spices together in a glass jar and set aside.
- 3 Prepare the coleslaw by placing the coleslaw mix into a large bowl, then whisking the dressing together and pouring it on top. Mix well and set aside in the fridge until needed.
- 4 Drain the soy curls and squeeze out as much moisture as you can. Add 2 Tbs. of the seasoning mix and mix well.
- 5 Place the seasoned soy curls into a skillet and saute in a little veg broth or no-chicken broth until slightly browned and all of the moisture has evaporated.
- 6 Add 1/3 c. (or so) of the BBQ sauce and mix well.
- 7 Assemble the sandwiches by laying a layer of coleslaw down on your favorite bun (toasted if you like), followed by a heaping pile of the BBQ chicken, and then top it off with a little more BBQ sauce.

*Find it online: <https://www.brandnewvegan.com/recipes/smoking-grilling-bbq/vegan-bbq-chicken-sandwich>*

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