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Fri, 08 Jun 2018 03:44:00 GMT - 5-8 minutes, or until the onion is very soft. Add seitan, and cook until lightly browned, stirring often. 2. Add the barbecue sauce and water and cook, stirring every 5 minutes, until the sauce has thickened and been absorbed by the seitan. Add hot sauce to taste if using. 3.

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