

## Philli Cheestk Crescents

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*Note, original recipe calls for mayo, not the beans, and for typical Philli veggies, which my kids would not want, so I modified greatly. Booloney is homemade seitan, just use whatever seitan you have in the fridge.*

5	slices	Booloney	1/2	tsp	garlic powder
1/2	cup	Navy beans	1	Tbs	vegan mayo
3/4	tsp	dried minced onion	2	tbs	Go Veggie Chez shreds
1/2	tsp	onion powder	1	can	Pillsbury Crescent dough



### Procedure

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- 1 Cut seitan into thumbnail bites.
- 2 Puree Navy beans until creamy. Add all remaining ingredients other than dough and mix by hand until shreds are incorporated well but don't break up the seitan.
- 3 Put a spoonful of mixture in the middle of a crescent and fold over dough to seal cheez inside during the baking. Place on a greased baking pan.
- 4 Bake according to dough directions.

Servings: 8

### Nutrition Facts

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Nutrition (per serving): 136 calories, 16 calories from fat, 3.8g total fat, 0mg cholesterol, 264.7mg sodium, 62.5mg potassium, 3.6g carbohydrates, 1.7g fiber, 3.2g sugar, 7.5g protein.

### Source

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Source: <http://www.chubbyveganmom.com/2015/09/vegan-philly-cheesesteak-bites.html>