

# Ingredient Substitution Chart



## MEAT SUBSTITUTES

**Legumes**, beans, peas, and lentils are an all-natural, high-fiber protein source that can easily be used as the main course or in place of meat in recipes.

**Veggie burgers**, made of defatted soybeans, provides a meat-like taste and texture and can substitute for ground meat.

**Tempeh**, made from fermented soybeans, has a distinct flavor and meaty texture that can be used in place of ground meat and works well in curries, chilis, and stir-fries.

**Seitan**, made from wheat gluten, is well-suited for shaping into roasts or for replacing strips or chunks of meat in recipes such as fajitas, stews, or stir-fries.

**Portobello mushrooms** have a savory flavor for filling a meat layer in a dish or as “burgers” at your next barbecue, especially after being marinated in low-fat dressing and then grilled or heated in a frying pan.

**Tofu**, a curd made from soybeans, is mild in taste and easily absorbs the flavor of any recipe. Soft tofu works well in soups, sauces, and desserts, and firmer varieties work well in stir-fries and other recipes requiring tofu to hold its shape. For a denser texture, freeze tofu, thaw, and squeeze out excess water before using it in your recipe.

**Textured vegetable protein (TVP)**, made of defatted soybeans, provides a substitute for ground meat.

## OIL & BUTTER ALTERNATIVES

**Sautéing:** Water or vegetable broth.

**Baking:** Applesauce or any variety of mashed beans can be used in place of oil, using a 1:1 ratio. Black beans are easily camouflaged into brownies and white beans into banana bread, as examples.

## EGG SUBSTITUTES

*One egg is equal to:*

1/4 cup silken tofu blended

1/2 mashed banana

1/4 cup applesauce or pureed fruit

1/2 cup soy or rice yogurt

1 1/2 tsp. of vegan egg replacement powder + 2 tbsp. lukewarm water; follow package directions

1 tbsp. ground flaxseed meal + 3 tbsp. water

1/4 cup mashed white potatoes, sweet potatoes, or pumpkin

2 tbsp. potato starch, cornstarch, or arrowroot

1 tbsp. chia seed + 3 tbsp. water

1/4 cup cooked oats

1 tsp. baking powder

## DAIRY ALTERNATIVES

**Milk:** Equal portion of almond, oat, soy, hazelnut, or rice milk, etc.

**Creams:** Almond milk (or any nut milk), soy milk, coconut milk, mashed potato, pureed garbanzo beans, pureed tofu, nondairy sour cream, soy whipping cream, or soy creamer.

**Parmesan cheese:** Nutritional yeast, garlic powder, and/or chopped walnuts or almonds.

**Cheese:** Soy-, rice-, and nut-based cheese alternatives, or nutritional yeast.

**Butter:** Dairy-free non-hydrogenated margarine, applesauce, nut butters, or hummus for cooking, baking, or spreading.

**Ricotta cheese:** Firm tofu, drained and crumble with added seasoning.

