

PLANT-BASED SUBSTITUTIONS

Use this handy substitution guide to feature plant-based ingredients in your favourite recipes.

Remember: You can make anything plant-based!

Red meat

Replacements for red meat include:

- Lentils
- Mushrooms
- Quinoa
- Walnuts
- Hemp hearts
- Texturized vegetable protein
- Seitan
- Spices and herbs

Chef's Tip:

Include a fat and appropriate plant-based protein to mimic mouth-feel and season your dish well, by utilizing not only salt and pepper, but other flavour enhancers like cumin, soy sauce or garlic.



Photo: LikeMeat/Unsplash

In lieu of ground beef try:

In a medium heated pan sauté together 1 tbsp oil + 250g crumbled tempeh (or 1/2 cup lentils and 3/4 cup finely diced mushrooms) + 1 tbsp soy sauce + 1 tsp ground cumin + 1 tsp paprika + 1/4 tsp black pepper. Sauté until spices are fragrant and tempeh is darker brown, about 3 minutes

Bacon

Replacements for bacon include:

- Eggplant
- Tempeh
- Tofu
- Coconut flakes
- Carrot
- Mushrooms
- Rice paper
- Banana peel

In lieu of bacon, try:

In a shallow dish coat 400 g thinly sliced firm tofu, about 1/4" with 2 tbsp oil + 1 tbsp maple syrup + 1 tbsp soy sauce or tamari + 1 tsp smoked paprika, and allow to marinate for 30 minutes. Next, on a parchment-lined baking sheet lay tofu + marinade flat and bake at 375° F for 10-12 minutes.

Fish

Replacements for seafood include:

- Hearts of palm
- Banana blossoms
- Jackfruit
- Tofu
- Chickpeas

In lieu of smoked salmon, try:

Preheat oven to 400F. In a bowl, whisk 1 tbsp grapeseed oil, 1 tbsp reduced-sodium tamari, 1 tsp liquid smoke, 1 tsp sea kelp seasoning, and 1/4 tsp sea salt. Add two large carrots (peeled into long thin strips) and coat completely. Marinate for 30 minutes at room temperature. Put carrots and marinade into a 9 x 13-inch baking dish and bake for 18-20 minutes until tender but firm. Let cool and enjoy.

Eggs

Replacements for eggs include:

- Ground flaxseed or whole chia seeds
- Mashed banana
- Applesauce
- Apple cider vinegar and baking soda
- Chickpea flour (besan)
- Silken tofu (baking) or regular tofu (scrambles)

In lieu of eggs for baking, try:

- Flax "egg" (1 tbsp ground flax + 3 tbsp water)
- 1 mashed banana = 1 egg
- 1 tbsp apple cider vinegar + 1 tsp baking soda (use to help with binding)
- Aquafaba - 3/4 cup of chickpea water. In a stand mixer, start shipping aquafaba. After one minute, slowly add 1 cup of sugar while continuing whipping. Add 1 tbsp of vanilla and continue to whip until stiff. Use as you would meringue.

In lieu of eggs for cooking, try:

- Tofu scramble - medium-firm tofu sautéed with nutritional yeast, turmeric, black salt and your choice of toppings
- [Chickpea omelette \(click for video\)](#).



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Dairy

Other replacements for dairy include:

- Milk
 - Unsweetened milk alternatives made from soy, oats, coconut, almonds, cashews, macadamia nuts, hemp seeds, flax seeds, sunflower seeds, or rice
- Butter
 - Avocado
 - Nut butters
 - Extra virgin olive oil, Grapeseed oil, Avocado oil, Coconut oil
 - Shortening
 - Dairy-free butter or margarine
- Cheese - a combination of:
 - Nuts, seeds or coconut oil
 - orange vegetables
 - Tapioca starch or arrowroot
 - Nutritional yeast
 - Miso paste or salt
- Cream
 - Coconut milk or cream
 - Cashew or sunflower cream

Instead of cream, try:

Combining 1 cup raw unsalted cashews + 1 cup hot water (+ any flavour enhancers like vanilla, lemon zest, or salt depending upon its use) in a blender until smooth, about 2 minutes.

Instead of parmesan, try:

Combining together 1/2 cup ground blanched almonds or hemp seed + 1/2 cup nutritional yeast + 1 tsp salt

Instead of cheese sauce, try:

Boiling 2 cups of peeled potatoes and 1 cup of carrots with 1 tsp salt until tender; about 20 minutes. When done, drain and reserve liquid. In a blender, add 1/3 cup of extra virgin olive oil, 1/2 cup water, 1 tbsp of lemon juice, nutritional yeast, 1 1/2 tsp of salt, 1/2 tsp of both garlic and onion powder, and a dash of cayenne. Blend until smooth. If cheese is too thick add a little of the reserved liquid. Taste and add 1/2 tsp salt, if necessary.



Chef's Tip:
In baking items like cakes, cookies, and muffins, use coconut oil or dairy-free margarine in lieu of butter at a 1:1 ratio.

Photos: Darren Kemper/The Long Table Cookbook: Plant-based recipes for optimal health

**Are you ready to get more exciting plant-based options on your menu?
Please contact us at forwardfoodcanada@hsi.org to get started.**



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Cost Savings for Plant-Based Substitutions

Animal Protein	Cost per 100 g/ml	Plant-Based Substitute	Cost per 100 g/ml	Total Savings per 100 g/ml
Cow's Milk	\$0.48	Almond/Soy Milk	\$0.41	\$0.07
Cream	\$0.51	Coconut Milk	\$0.34	\$0.17
Tuna	\$1.70	Chickpeas	\$0.28	\$1.42
Ground Beef	\$1.41	Lentils (Brown)	\$0.40	\$1.01
Feta	\$1.70	Tofu	\$0.67	\$1.03
Bacon	\$1.38	Eggplant	\$0.33	\$1.05
Smoked Salmon	\$3.95	Carrots	\$0.14	\$3.81
Chicken Breast	\$2.30	Tofu	\$0.67	\$1.63
Parmesan	\$4.00	Nutritional Yeast	\$3.33	\$0.67
Eggs	\$0.28/egg	Flax Seed	\$0.13/7g (7g=1 flax egg)	\$0.15



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Additional Plant Proteins (Cost / 100 g)

Almonds	\$1.49	Buckwheat	\$1.05
Walnuts	\$1.54	Edamame	\$0.92
Peanuts	\$0.89	Green Peas	\$0.39
Pumpkin Seeds	\$1.18	Lentils	\$0.40
Hemp Seeds	\$2.99	Quinoa	\$1.29
Chia Seeds	\$1.24	Kidney Beans	\$0.25
Sunflower Seeds	\$0.99	Black Beans	\$0.39



Chef's Tip:

For best results and to aid in digestion, soak your dried legumes for 1-2 days prior to cooking, swapping out the water after the first day and before cooking.

Photo: fcaofotodigitat/iStock.com



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