

Ingredient Substitution Chart



Meat Substitutes

Legumes, which include 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, homemade or store-bought.

Tempeh, made from fermented soybeans, has a meaty texture and umami flavor 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, 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.

Store-bought meat substitutes. Look for minimally processed ingredients and low fat if possible. Use as a substitute for beef patties, ground beef, sausage, or meatballs.

Oil and Butter Alternatives

Sauteing: 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.

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 nondairy yogurt

1 serving vegan egg replacement product, prepared according to package directions

1 tablespoon ground flaxseed or chia seeds plus 3 tablespoons water

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

2 tablespoons potato starch, cornstarch, or arrowroot

1 teaspoon baking powder

3 tablespoons aquafaba (water from canned chickpeas)

Dairy Alternatives

Milk: Almond, oat, soy, hazelnut, coconut, or rice milk, etc.

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

Parmesan: Nutritional yeast blended with garlic powder, a dash of salt, and chopped cashews, walnuts, or almonds

Ricotta cheese: Firm tofu, drained and crumbled, with added seasoning

Butter: Dairy-free butter, applesauce, nut butters, or hummus

Creams: Any dairy-free creams, mashed potato, pureed white beans, cashews, tofu, nondairy sour cream, nondairy whipping cream or creamer

Yogurt: Dairy-free yogurt alternatives (coconut, almond, cashew, oat, soy, etc.)

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