

# NEXT LEVEL SANDWICHES

Simple to plan and easy to prepare these sandwiches and more make for a tasty weekday dinner



## A Not-Brat

- Grilled Plant Based Sausage *like Tofurky*
  - Drained & Heated Sauerkraut
  - Hearty Mustard
  - Brat Bun
- OR- Make it an Italian with v-Sausage & Sauteed Green Peppers-Onions & Bun



## Dinner for Breakfast Burrito

- Prepared Package of Homestyle Potatoes (or Hashbrowns of Choice)
- Tofu Scramble - Drained, Crumbled and Seasoned (Garlic Powder, Turmeric, Italian Seasoning, & Natures Seasoning)
- Optional Sauteed Bell Pepper-Sliced Onion-Drained Can Mushrooms (season above)
  - Season with Hot Sauce if Desired
- Fill in to Warmed Burrito Size Tortilla



## V-BLT

- Toasted Bread of Choice
  - v-Bacon (Prepared)
- Sliced Large Tomato with a Hint of Salt
  - Washed/Dried Lettuce of Choice
  - Generous Slather of v-Mayo



## Smashed Chickpea Salad Sandwich

- Can Drained & Rinsed Chickpeas then Lightly Mashed with Fork
  - Diced Celery & A Little Bit of Diced Onion
  - v-Mayo & Dijon Mustard
- Season to Taste with Salt, Pepper, Garlic Powder, Dill, Relish
  - Toasted Hearty Grain Bread of Choice
- Top with Your Choice of Cucumber, Tomatoes & Spinach



## Crusty Roll v-Chicken & Pepper

- Ciabatta or French Roll Brushed with Olive Oil Toasted Under Broiler
  - "v-Poultry" *like Daring Plant Chicken Pieces* Prepared
- Seeded & Cut Bell Pepper Broiled to Soft Texture (about 6-8 min)
- Prepare Horseradish v-Mayo (*try 2/3 mayo to 1/3 horseradish & tweak to taste*)

\*Always read the packaged food ingredient list to make sure it contains only Plant Based items. Many items do not carry the Vegan seal but may be Plant Based while some foods you might think are Plant Based are not.

Printable Meal Guides

**ORGANIZING**  
a Plant Based Life.com