

UNDER THE BUN

Easy to prepare on a busy night or when you feel like you need a little indulgence



PLANT BASED BURGER

So many choices from Impossible & Beyond Beef to Gardein and Boca's "Vegan Veggie" they all may not be healthy, but some are way more indulgent than others

Prepare favorite **PLANT BASED BURGER** according to directions and add **VEGAN CHEESE**, cover and cook low and slow. Add to **BUN** & top with: **KETCHUP, MUSTARD, VEGAN MAYO, TOMATOES, & LETTUCE**. *Optional, try a topper to add variety: sauté mushrooms & onions in v-butter, garlic powder, v-Worcestershire, salt & pepper.*



CHICKEN-LESS PATTY

There are many varieties of chicken-less patty's (spicy to original) air fry for extra crispness

Prepare your favorite breaded **PLANT BASED CHICKEN PATTY** according to directions. Add to **BUN** and top with **VEGAN MAYO & PICKLES** for that favorite restaurant chain flavor, or kick it up with **MUSTARD** and a **TOMATO** slice.



PULLED PORK-LESS SANDWICH

Amazing jackfruit has the same texture as pulled pork - you won't notice the difference

Heat a drizzle of **OLIVE OIL** & cook down a sliced **ONION** about 5 min. Add drained & shredded **CAN OF JACKFRUIT**, cook 5 min. Add your favorite **VEGAN BBQ SAUCE** to taste. Cook 10 min on medium heat to caramelize slightly. Mix a package of **SHREDDED CABBAGE COLESLAW** with **BRIANNA'S POPPYSEED DRESSING**. Assemble on **BUN**.



FISH-LESS SANDWICH

Surprisingly close to the real thing

Cook a **FISH-LESS FILET** according to package. Add to **BUN** and top with **LETTUCE, TOMATO**, and **VEGAN TARTER SAUCE**. It's easy to make your own, just combine **VEGAN MAYO & RELISH** - all to taste.



VEGAN MEATBALL SUB

Delicious with your favorite jarred sauce on a toasted roll

Prepare favorite **PLANT BASED MEATBALLS** according to package. We like to firm up in oven first then add to a saucepan with favorite **JARRED PASTA SAUCE**, continuing to cook and absorb the sauce flavors. Separately, spread **PLANT BASED BUTTER** on **ROLL** with a sprinkle of **GARLIC POWDER & SALT**, and bake/broil/air fry until golden. Assemble sub and sprinkle with **NUTRITIONAL YEAST** or **VEGAN PARM** if desired.

**Always check food labels to ensure they're plant-based/vegan. Many products may be suitable, even without certification, while others you might think are vegan, aren't.*

Beginner Plant-Based Foods

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