

NJVEG.ORG

VEGAN MEAT SUBSTITUTES

what are they made of & what can
you make with them?





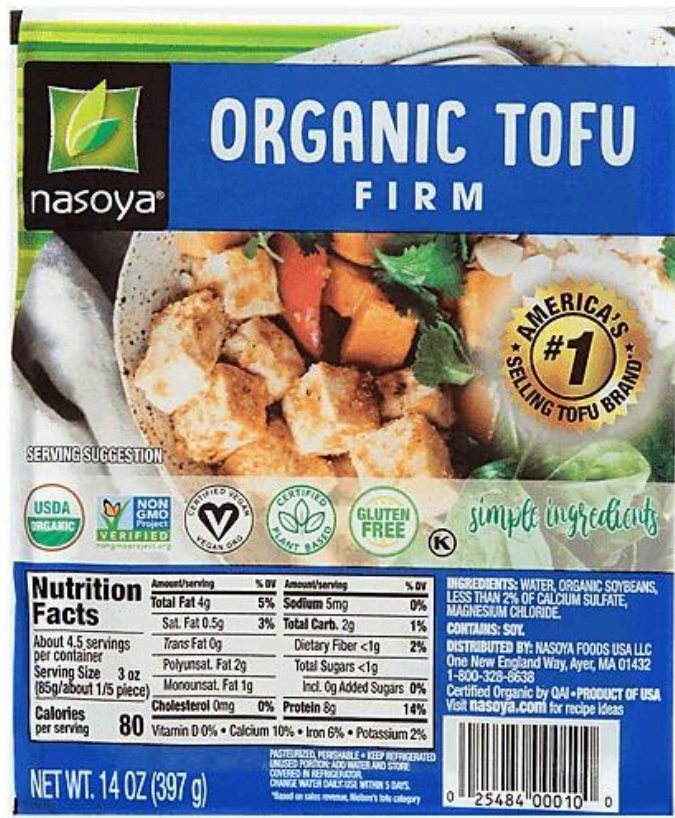
SEITAN

MADE OF WHEAT
GLUTEN
NOT GLUTEN-FREE!!
TYPICALLY PAN
FRIED, SAUTÉED OR
GRILLED

USED AS VEGAN
BACON, STEAK OR A
MEAT ALTERNATIVE
IN STIR FRIES &
SANDWICHES



TOFU



MADE FROM SOY
AFTER MARINATING OR SEASONING, YOU CAN
COOK TOFU ON A PAN, GRILL OR IN AN OVEN.
TYPICALLY USED TO REPLACE MEAT IN STIR
FRIES, SALADS, DRESSINGS, SOUPS &
BREAKFAST SCRAMBLES

TEMPEH

MADE FROM
FERMENTED
SOYBEANS &
RHIZOPUS

(TEMPEH STARTER)

TYPICALLY MARINATED
& BAKED OR PAN FRIED

USED IN SALADS,
STIR FRIES, &
SANDWICHES AS A
SUBSTITUTE TO
CHICKEN OR PORK

