

Vegan Sandwich Builder

Mix and match your way to the perfect plant-based
sandwich

VeganPreps

How This Guide Works

This guide gives you a simple mix-and-match system for building plant-based sandwiches and wraps. Pick one option from each category, stack them together, and eat. No recipe needed for most combinations.

What You Get

- A mix-and-match matrix with 7 bread types, 6 proteins, 6 crunchy toppings, 6 sauces, and 4 greens
- The full sandwich and wrap recipe collection from VeganPreps
- 3 spotlight recipes with complete ingredients and step-by-step instructions

THE SANDWICH FORMULA

Every good sandwich has 4 layers: bread, protein, crunch, and sauce. Add greens for freshness. The matrix on the next page covers all of those layers with tested vegan options that work in any combination.

For the full recipe collection, visit veganpreps.com.

Mix-and-Match Matrix

Pick 1 bread + 1 protein + 1 crunch + 1 sauce + 1 green = your sandwich.

BREAD (PICK 1) Sourdough Ciabatta Whole Wheat Tortilla Wrap Rice Paper Pita Naan	PROTEIN (PICK 1) Marinated Tofu Tempeh Bacon Chickpea Salad BBQ Seitan Black Bean Patty Hummus	CRUNCH (PICK 1) Pickles Sprouts Shredded Carrot Cucumber Coleslaw Crispy Onions	SAUCE (PICK 1) Tahini Sriracha Mayo (vegan) Pesto BBQ Sauce Mustard Avocado Spread
GREENS (PICK 1) Spinach Arugula Lettuce Kale			

COMBINATION COUNT

7 breads x 6 proteins x 6 crunches x 6 sauces x 4 greens = 6,048 unique sandwich combinations. Make a different one every day for over 16 years.

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Recipes

1. Best Tofu Pepper Tacos (Ready in 30 Min)

10 min Serves 4

INGREDIENTS

1 pound (450g) soft tofu, well drained
2 tablespoons sesame oil
2 tablespoons tamari (soy sauce)
2 teaspoons freshly ground black pepper
2 garlic cloves, minced
8 large radicchio leaves (used as taco shells)
1 cup shredded jicama
Salsa for serving (optional)

INSTRUCTIONS

1. Drain tofu thoroughly and pat dry with paper towels; crumble into rough chunks into a medium bowl. Add tamari, black pepper, and minced garlic; stir gently to coat and marinate for 5 minutes.
2. Heat sesame oil in a large non-stick skillet over medium-high heat. Add the marinated tofu mixture in a single layer and cook undisturbed for 3–4 minutes until the bottom starts to brown.
3. Stir and continue cooking for another 3 minutes, breaking up any large chunks, until tofu is heated through and coated in the savory glaze. Remove from heat.
4. Arrange radicchio leaves on a plate as taco shells. Spoon tofu filling into each leaf, top with shredded jicama, and add salsa if desired. Serve immediately.

2. The Best Vegan Tacos Ever (Crispy Tofu)

15 min Serves 4

INGREDIENTS

3 tablespoons extra virgin olive oil, divided
1 can (15 oz) chickpeas, drained, rinsed, and patted dry
2 cups cauliflower florets, cut into small pieces
2 medium carrots, peeled and diced
1 medium white onion, diced
1½ teaspoons Pimenton de la Vera (Spanish smoked paprika)
½ teaspoon cayenne powder
1 teaspoon ground cumin
½ teaspoon ground fennel seed
1 teaspoon sea salt
1 cup cherry tomatoes, halved
3 cloves garlic, minced
8 to 10 small corn tortillas
3 tomatillos, husked and diced
½ Persian cucumber, finely diced
4 radishes, thinly sliced
1 small shallot or ¼ red onion, finely diced
1 serrano chile, deseeded and minced
¼ cup fresh cilantro, chopped
2 tablespoons fresh lime juice
2 ripe avocados, sliced or mashed
1 cup shredded green or red cabbage

INSTRUCTIONS

1. Preheat oven to 425°F (220°C). Line a large rimmed baking sheet with parchment. Spread chickpeas, cauliflower, carrots, and onion on the sheet. Drizzle with 2 tablespoons olive oil, then sprinkle with smoked paprika, cayenne, cumin, fennel, and salt. Toss to coat and spread into a single layer.
2. Roast for 20 minutes. Add cherry tomatoes and minced garlic to the pan, toss gently, and roast for a further 15 to 20 minutes until the chickpeas are crispy and the vegetables are caramelized at the edges.
3. While the filling roasts, make the salsa: combine tomatillos, cucumber, radishes, shallot, serrano chile, cilantro, and lime juice in a bowl. Season with a pinch of salt and stir. Set aside.
4. Warm corn tortillas directly over a gas burner for 30 seconds per side, or in a dry skillet over medium-high heat. Keep wrapped in a clean towel.
5. Assemble tacos: spoon roasted filling into each tortilla, top with salsa, avocado, and shredded cabbage. Drizzle with remaining 1 tablespoon olive oil if desired. Serve immediately.

3. Easy Tempeh Fajitas (Ready in 20 Minutes)

5 min Serves 4

INGREDIENTS

1 (8 oz / 225 g) package tempeh, broken into bite-sized pieces

2 tablespoons corn oil (or vegetable oil)

2 tablespoons soy sauce

1 tablespoon fresh lime juice

1 1/2 cups green bell pepper, chopped (about 1 large pepper)

1 (4.5 oz) can sliced mushrooms, drained

1/2 cup frozen chopped spinach, thawed and squeezed dry

1 tablespoon chopped green chile peppers (canned or fresh)

1 tablespoon fresh cilantro, chopped

1 tablespoon dried minced onion

6 medium flour tortillas, warmed

INSTRUCTIONS

1. Heat the oil in a large skillet over medium-high heat. Add the tempeh pieces and cook for 4–5 minutes, stirring occasionally, until browned on most sides.
2. Add soy sauce and lime juice directly to the pan and stir for 1 minute as the liquid sizzles and coats the tempeh.
3. Add the green bell pepper, mushrooms, spinach, green chile, and dried minced onion. Stir-fry over medium-high heat for 5–6 minutes until the bell pepper is tender and any excess liquid has reduced.
4. Taste and adjust seasoning with additional soy sauce or lime juice if needed. Remove from heat and stir in the fresh cilantro.
5. Warm the tortillas in a dry pan for 30 seconds per side. Divide the tempeh filling between the tortillas and fold to serve. Top with avocado, salsa, or vegan sour cream if desired.

4. Crispy Vegan Tortilla Tostadas (Ready in 15)

5 min Serves 2

INGREDIENTS

2 flour tortillas (8-inch)

1 can (340 g) brown beans (pinto or kidney), drained and rinsed

2 tablespoons vegetable oil, divided

1/2 medium onion, finely diced

5 medium cremini mushrooms, thinly sliced

1 teaspoon smoked paprika

1 teaspoon ground cumin

1/4 cup water

1 cup roasted tomato salsa

1/2 cup guacamole

1/2 ripe avocado, sliced

1 cup shredded iceberg lettuce

Salt and black pepper to taste

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Brush both sides of each tortilla lightly with 1 tablespoon of the vegetable oil, place on a baking sheet, and bake for 5 minutes; flip and bake 5 more minutes until golden and rigid. Remove and set aside.
2. Heat remaining 1 tablespoon oil in a small skillet over medium heat. Add diced onion and cook for 3 minutes until softened; add sliced mushrooms and cook 3 more minutes until browned.
3. Stir in smoked paprika, cumin, drained beans, and water. Simmer for 4 minutes, mashing about one-third of the beans with the back of a spoon to thicken the mixture. Season with salt and pepper.
4. Spread a generous layer of bean filling onto each crispy tortilla. Spoon salsa over the beans.
5. Top with guacamole, sliced avocado, and shredded iceberg lettuce. Serve immediately while the tortilla base is still crispy.

5. Easy Vegan Sushi Rolls (Ready in 30 Minutes)

15 min Serves 5

INGREDIENTS

2 cups (370 g) sushi short-grain white rice
2 1/2 cups (600 ml) water
6 tablespoons rice vinegar
2 teaspoons sugar
1 teaspoon salt
5 sheets nori (seaweed)
1 medium carrot, peeled and julienned into thin strips
1 medium cucumber, seeds removed and julienned into thin strips
1 ripe avocado, peeled, pitted, and sliced into thin strips
5 tablespoons roasted sesame seeds
Soy sauce and wasabi, to serve

INSTRUCTIONS

1. Rinse rice under cold water until water runs clear. Combine with 2 1/2 cups water in a medium saucepan. Bring to a boil, reduce heat to low, cover tightly, and cook for 18 minutes. Remove from heat and let steam, covered, for 10 minutes.
2. Whisk together rice vinegar, sugar, and salt until dissolved. Spread cooked rice into a wide bowl and fold in the vinegar mixture with a spatula. Fan to cool to room temperature, about 10 minutes.
3. While rice cools, steam carrot strips for 3–4 minutes until just tender. Cut cucumber and avocado into thin strips about the same length as the nori sheets.
4. Place a nori sheet on a bamboo sushi mat, shiny side down. Spread a thin, even layer of rice over the nori, leaving a 1-inch border at the far edge. Sprinkle with 1 tablespoon sesame seeds.
5. Arrange carrot, cucumber, and avocado strips in a line across the near edge of the rice. Using the mat, roll tightly away from you, pressing firmly as you go. Seal the edge with a little water. Repeat with remaining sheets.
6. Using a sharp wet knife, slice each roll into 8 pieces with a single smooth cut per slice. Serve immediately with soy sauce and wasabi.

6. Easy Spring Rolls With Broccoli Stems (20-Minute)

15 min Serves 8

INGREDIENTS

2 ounces rice vermicelli (thin rice sticks)
1/4 cup rice vinegar
2 teaspoons soy sauce
3 cups grated broccoli stems (from about 3 large broccoli crowns)
1/2 teaspoon salt
4 ounces firm tofu, pressed and cut into thin strips
1 tablespoon light miso
1 tablespoon chopped fresh chives
2 tablespoons chopped fresh Thai basil or tarragon
2 tablespoons fresh mint leaves, coarsely chopped
1/2 cup fresh cilantro, chopped
8 inner romaine lettuce leaves, chopped
16 to 24 pieces pickled ginger
8 rice paper spring roll wrappers (8.5-inch rounds)

INSTRUCTIONS

1. Cook rice vermicelli in a pot of boiling water for 3 to 4 minutes until tender but not mushy. Drain, rinse under cold water, and toss with the rice vinegar and soy sauce. Set aside.
2. In a bowl, toss the grated broccoli stems with salt and the miso. Let stand 5 minutes, then squeeze out any excess liquid with your hands.
3. Slice the pressed tofu into thin strips about 2 inches long and 1/4 inch wide.
4. Combine the broccoli stems, dressed noodles, tofu strips, chives, Thai basil, mint, cilantro, romaine, and pickled ginger in a large bowl. Toss gently to mix.
5. Fill a wide, shallow dish with warm water. Submerge one rice paper wrapper for 15 to 20 seconds until pliable but not fully soft. Lay it flat on a clean damp surface.
6. Place about 1/2 cup of filling in the center lower third of the wrapper. Fold the bottom edge up over the filling, fold in both sides, then roll tightly away from you to seal. Repeat with remaining wrappers and filling. Serve immediately.

7. Amazing Vegan Burgers (Easy Homemade Recipe)

15 min Serves 8

INGREDIENTS

1 cup water
1/2 cup soy sauce
1/4 cup neutral oil, plus more for pan
1/4 cup nutritional yeast flakes
1/4 cup sesame seeds, ground
2 teaspoons garlic powder
1 teaspoon dried sage
1 tablespoon dried sweet basil
1 cup pecan meal (pecans ground to a coarse flour)
1 medium onion, finely diced
4 cups rolled oats

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line a large baking sheet (18x13 inch / 46x33 cm) with parchment paper and brush lightly with oil.
2. Combine water, soy sauce, oil, nutritional yeast, ground sesame seeds, garlic powder, sage, and basil in a large bowl and stir well. Add pecan meal, diced onion, and oats; mix thoroughly until a firm, moldable dough forms. If the mixture is too sticky, add a few more tablespoons of oats.
3. Divide dough into 8 equal portions. Shape each into a round patty about 3/4 inch (2 cm) thick and place on the prepared baking sheet, pressing each patty firmly so the bottom makes full contact with the surface.
4. Bake for 15 minutes, flip each patty carefully with a spatula, then bake for another 15 minutes until the edges are golden and firm.
5. Remove from oven and let cool on the pan for 5 minutes before serving — patties firm up further as they cool. Serve on buns with your preferred toppings.

8. Homemade Vegan Hot Dogs (30-Minute)

15 min Serves 7

INGREDIENTS

1/2 cup mild chili beans (from one 16 oz can),
drained and rinsed

2 tablespoons reserved liquid from the bean can

3/4 cup vital wheat gluten

1/2 cup wheat germ

3 tablespoons nutritional yeast flakes

3 tablespoons low-sodium soy sauce

1 tablespoon ketchup

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon Old Bay seasoning

1/8 teaspoon dried thyme

1 teaspoon red wine vinegar

1/2 teaspoon liquid smoke

1/3 cup water

INSTRUCTIONS

1. Pulse chili beans in a food processor 4–5 times until roughly mashed but not smooth. Transfer to a large bowl.
2. Add wheat gluten, wheat germ, nutritional yeast, soy sauce, ketchup, garlic powder, onion powder, Old Bay, thyme, red wine vinegar, liquid smoke, water, and reserved bean liquid to the bowl. Mix until a firm dough forms. Knead 1–2 minutes.
3. Divide dough into 7 equal portions. Roll each into a log about 5 inches long and 1 inch in diameter. Wrap each tightly in aluminum foil, twisting the ends closed like a candy wrapper.
4. Set up a steamer basket over 2 inches of boiling water in a large pot. Place wrapped hot dogs in the basket in a single layer (work in batches if needed). Cover and steam over medium heat for 45 minutes.
5. Remove from steamer and let cool in foil for 5 minutes before unwrapping. Serve immediately, or refrigerate up to 5 days and reheat by grilling or pan-frying until lightly browned.

9. Easy Teriyaki Tofu Wraps (Ready in 20 Min)

5 min Serves 4

INGREDIENTS

8 oz (225 g) extra-firm tofu, pressed and cut into
1/2-inch cubes

3 tablespoons canola oil (divided)

1 yellow onion, thinly sliced

8 oz (225 g) coleslaw mix (shredded cabbage and
carrot)

4 garlic cloves, minced (or 2 teaspoons garlic
powder)

1–2 teaspoons Chinese five spice powder

1/2 teaspoon sriracha sauce

4 tablespoons teriyaki sauce with pineapple juice

4 green onions, thinly sliced

8 medium flour tortillas

INSTRUCTIONS

1. Press the tofu dry and cut into 1/2-inch cubes. Heat 2 tablespoons canola oil in a large skillet over medium-high heat and add the tofu in a single layer. Cook undisturbed for 3–4 minutes until golden on the bottom, then flip and cook another 2–3 minutes. Remove and set aside.
2. Add the remaining 1 tablespoon oil to the pan, reduce heat to medium, and add the sliced yellow onion. Cook for 5 minutes, stirring occasionally, until softened and beginning to caramelize.
3. Add garlic and five spice powder and stir for 30 seconds until fragrant. Add the coleslaw mix and sriracha, and stir-fry for 2–3 minutes until the cabbage is just wilted.
4. Return the tofu to the pan, pour in the teriyaki sauce, and toss everything together over medium-high heat for 1–2 minutes until the sauce coats all the ingredients and reduces slightly.
5. Warm the tortillas in a dry pan for 30 seconds per side or wrap in a damp paper towel and microwave for 45 seconds. Fill each tortilla with the tofu-vegetable mixture, top with sliced green onions, and serve immediately.

10. Tibetan Seitan Burritos (Vegan Comfort Food)

15 min Serves 6

INGREDIENTS

2 tablespoons vegetable oil
2 cups onions, thinly sliced
2 tablespoons garlic, minced
3 tablespoons fresh ginger, grated
4 cups cabbage, shredded
2 cups carrots, peeled and grated
8 oz (about 1½ cups) seitan, cut into thin ½-inch strips
2 teaspoons Asian chili paste (such as sambal oelek), or to taste
2 tablespoons soy sauce or tamari
1 teaspoon dark sesame oil
1 teaspoon salt, or to taste
6 large flour tortillas (10-inch)
1 tablespoon sesame seeds, for garnish (optional)

INSTRUCTIONS

1. Heat vegetable oil in a large skillet or wok over medium-high heat. Add onions and cook, stirring, for 4 to 5 minutes until softened and beginning to caramelize.
2. Add garlic and ginger; cook for 1 minute until fragrant. Add seitan strips and stir-fry for 3 to 4 minutes until lightly browned.
3. Add cabbage and carrots; stir-fry for 4 to 5 minutes until vegetables are tender but still have some bite. Stir in chili paste, soy sauce, and salt. Cook for 1 more minute. Remove from heat and stir in sesame oil.
4. Warm tortillas one at a time in a dry skillet for 30 seconds per side, or wrap in a damp paper towel and microwave for 30 seconds.
5. Divide filling among tortillas, placing it in the center lower third. Fold in the sides, then roll up tightly from the bottom. Serve immediately, or place seam-side down in a baking dish, spray lightly with oil, and bake at 375°F (190°C) for 10 minutes for a crispier finish.

11. Best Tofu & Bok Choy Summer Rolls (Easy)

20 min Serves 4

INGREDIENTS

10.5 oz (300g) firm silken tofu, halved horizontally and cut into 12 strips
12 baby corn cobs, halved lengthwise
24 baby bok choy leaves (from about 6 small bok choy)
5 oz (140g) bean sprouts
1/3 cup sweet chili sauce, divided
1 tablespoon soy sauce
24 rice paper sheets (7-inch/18cm rounds)
Warm water for softening rice paper

INSTRUCTIONS

1. Bring a small pot of water to a boil. Blanch baby corn halves 2 minutes and bok choy leaves 30 seconds. Drain and pat dry. Combine sweet chili sauce and soy sauce in a small bowl; reserve half for dipping and use the rest to lightly coat the tofu strips.
2. Fill a large shallow bowl with warm (not boiling) water. Working one at a time, submerge a rice paper sheet for 15–20 seconds until just pliable – it should still feel slightly firm as it will soften further. Lay flat on a clean damp tea towel.
3. Place 1 tofu strip, 1 baby corn half (2 pieces), 1 bok choy leaf, and a small pinch of bean sprouts across the lower third of the rice paper sheet.
4. Fold the bottom edge up over the filling, fold in both sides, then roll tightly upward to seal. Place seam-side down on a plate. Repeat with remaining wrappers and filling to make 24 rolls.
5. Serve immediately with the reserved sweet chili dipping sauce. Do not refrigerate assembled rolls as the rice paper will harden.

12. Easy Sloppy Jane's (Vegan Tofu Sloppy Joes)

10 min Serves 4

INGREDIENTS

1 lb firm tofu, pressed and crumbled into small chunks
1 tablespoon olive oil
1 small onion, finely chopped
1 small green pepper, finely chopped
1 (400 g) can chopped tomatoes
1/4 cup basmati rice, rinsed
1/2 cup water
1 tablespoon chili powder
1/2 teaspoon salt
1/4 teaspoon black pepper
1/2 tablespoon yellow or spicy brown mustard
1 tablespoon maple syrup
2 tablespoons vegan Worcestershire sauce
4 burger buns or sandwich rolls, to serve

INSTRUCTIONS

1. Wrap pressed tofu in a clean kitchen towel and squeeze firmly to remove as much moisture as possible, then crumble it into rough pea-sized pieces.
2. Heat olive oil in a large skillet or saucepan over medium-high heat. Add the onion and green pepper and cook, stirring occasionally, for 5 minutes until softened.
3. Add the crumbled tofu and cook for 3 to 4 minutes, stirring, until the tofu begins to brown slightly.
4. Stir in the chopped tomatoes, rinsed rice, water, chili powder, salt, black pepper, mustard, maple syrup, and Worcestershire sauce. Bring to a boil.
5. Reduce heat to medium-low, cover, and simmer for 18 to 20 minutes, stirring every 5 minutes, until the rice is fully cooked and the sauce has thickened to a sloppy, saucy consistency. Add a splash of water if it thickens too much before rice is done.
6. Taste and adjust salt or chili powder, then spoon generously onto buns and serve hot.

13. Best Oat-Tofu Burgers (Quick Plant-Based)

15 min Serves 4

INGREDIENTS

2 cups (180 g) rolled oats, processed to a coarse flour
1 cup (100 g) walnuts or pecans, finely ground
1 cup (160 g) onion, finely chopped
450 g (1 lb) firm tofu, well-drained and crumbled
1/4 cup (30 g) vital wheat gluten
1 tablespoon Vegex or Savorex (vegan yeast extract paste)
1 teaspoon salt
1 teaspoon paprika
1 teaspoon dried Italian herbs
2 tablespoons vegetable oil, for frying

INSTRUCTIONS

1. Wrap tofu in a clean kitchen towel and press firmly for 10 minutes to remove excess moisture. Crumble into a large bowl.
2. Add processed oats, ground walnuts, onion, vital wheat gluten, Vegex, salt, paprika, and Italian herbs to the bowl. Mix with your hands until the mixture comes together into a firm, moldable dough. If too wet, add 1-2 tablespoons more oats.
3. Divide the mixture into 8 equal portions and shape each into a round patty about 1 cm thick.
4. Heat 1 tablespoon vegetable oil in a large non-stick skillet over medium heat (about 175°C / 350°F). Add 4 patties at a time in a single layer.
5. Cook for 5-6 minutes per side until deeply golden brown and firm on the outside. Add more oil between batches as needed.
6. Serve hot on buns with your favourite toppings, or cool completely and refrigerate for up to 4 days.

14. Mushroom Beet Black Bean Burgers (Best)

20 min Serves 6

INGREDIENTS

2 cups cooked black beans (or 1 can, drained and rinsed)
1 large beet, peeled and finely grated or diced small (about 1 cup)
8 oz button mushrooms, finely diced
1/2 yellow onion, diced
4 oz (1/4 block) firm tofu, crumbled
1/2 cup quick oats
1 tablespoon soy sauce
1 tablespoon olive oil, divided
1/2 tablespoon ground cumin
1 teaspoon cayenne pepper
Salt to taste

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Heat 1/2 tablespoon olive oil in a skillet over medium-high heat. Add mushrooms and onion; cook for 6 to 8 minutes until mushrooms release their liquid and it evaporates. Transfer to a large bowl and let cool 5 minutes.
2. Add black beans to the bowl and mash roughly with a fork or potato masher — leave about one-third of the beans whole for texture. Add grated beet, crumbled tofu, quick oats, soy sauce, cumin, cayenne, and salt. Mix well until fully combined. The mixture should hold together when pressed; if too wet, add 1 to 2 more tablespoons of oats.
3. Divide mixture into 6 equal portions (about 1/2 cup each). Form each into a patty about 3/4-inch thick. Place on the prepared baking sheet.
4. Brush patties lightly with remaining 1/2 tablespoon olive oil. Bake for 25 minutes, flip carefully, and bake for another 20 to 25 minutes until the exterior is firm and slightly crispy. Patties will firm up further as they cool.
5. Rest patties for 5 minutes before serving on buns with desired toppings. Leftover patties keep refrigerated for up to 4 days or frozen for up to 2 months.

15. Easy Oat Burgers With Mushrooms (Vegan)

15 min Serves 8

INGREDIENTS

1 large onion, diced
1/2 lb (225 g) fresh mushrooms, diced
1 tbsp garlic, minced
1/4 cup vegetable oil
4 1/2 cups water or vegetable broth
1/3 cup tamari
1/4 cup nutritional yeast
1/2 tsp dried basil
1/4 tsp dried oregano
1/2 tsp dried thyme
1/2 tsp sea salt
5 cups old-fashioned rolled oats
2 tbsp ground flax seed mixed with 6 tbsp water (flax egg, for binding)

INSTRUCTIONS

1. Preheat oven to 350 F. Lightly oil a large rimmed baking sheet or line with parchment paper. Mix ground flax seed with water and set aside for 5 minutes to gel.
2. Heat oil in a large saucepan over medium heat. Add onion and cook for 4–5 minutes until softened. Add mushrooms and garlic and cook another 4–5 minutes until mushrooms have released their liquid and the pan is mostly dry.
3. Pour in water or broth, tamari, nutritional yeast, basil, oregano, thyme, and salt. Bring to a boil over medium-high heat, then stir in oats. Reduce heat to medium-low and stir for 3–4 minutes until oats absorb most of the liquid and mixture is thick. Remove from heat, stir in flax egg, and let stand 10 minutes until firm enough to shape.
4. Scoop about 1/2 cup of mixture per patty and shape into 8 round patties approximately 3/4 inch thick. Place on the prepared baking sheet with space between them.
5. Bake for 20 minutes, carefully flip each patty with a spatula, and bake for another 10–15 minutes until firm and lightly browned on both sides. Serve on burger buns with your choice of toppings.

16. Quick Gluten-Free Vegan Pita (No Yeast!)

10 min Serves 4

INGREDIENTS

1 cup all-purpose gluten-free flour blend
1/2 cup millet flour
1/2 cup brown rice flour
1/4 cup ground flax seed
1 teaspoon guar gum
1 1/2 teaspoons baking soda
1/4 teaspoon cream of tartar
1 teaspoon kosher salt
1 pinch ground cumin (optional)
1 tablespoon Ener-G egg replacer powder mixed with 1/4 cup warm water
1 tablespoon olive oil
1 teaspoon toasted sesame oil
3/4 to 1 cup additional warm water (added gradually to reach dough consistency)

INSTRUCTIONS

1. Preheat oven to 400F (200C) with a pizza stone or inverted heavy baking sheet on the middle rack for at least 20 minutes.
2. Whisk together gluten-free flour blend, millet flour, brown rice flour, ground flax seed, guar gum, baking soda, cream of tartar, salt, and cumin in a large bowl.
3. In a small bowl, mix Ener-G egg replacer with 1/4 cup warm water and let stand 1 minute. Add egg replacer mixture, olive oil, and sesame oil to the dry ingredients and stir to combine.
4. Add warm water gradually (starting with 3/4 cup) and mix until a soft, slightly sticky dough forms that holds together – add remaining water if needed. Do not over-mix.
5. Divide dough into 4 equal portions. Place each portion between two sheets of parchment paper and roll out to 1/4-inch thick rounds (about 6 inches diameter). Slide onto hot pizza stone still on parchment.
6. Bake for 10–12 minutes until tops are dry and edges are lightly golden. Do not over-bake or they will crack. Remove from oven and wrap in a clean towel for 5 minutes to soften before serving.

17. Best Mushrooms in Lettuce Wraps (30-Min)

35 min Serves 4

INGREDIENTS

16 medium dried shiitake mushrooms (about 2 inches in diameter)
2 cups hot water (for soaking mushrooms)
2 tablespoons soy sauce
1 tablespoon red wine vinegar
1 tablespoon dry red wine
1 1/2 teaspoons sugar
1 teaspoon fresh ground black pepper
1 teaspoon cornstarch
2 tablespoons vegetable oil
4 celery ribs, finely diced
3 carrots, peeled and finely diced
4 green onions, trimmed and minced
2 oz (55g) firm tofu, finely diced
1 teaspoon dark sesame oil
2–3 tablespoons lightly toasted pine nuts
8–12 Boston or iceberg lettuce leaves
2–3 tablespoons hoisin sauce, for serving

INSTRUCTIONS

1. Place the dried mushrooms in a bowl and pour over 2 cups of hot (not boiling) water. Soak for 25–30 minutes until fully rehydrated and tender. Drain, reserving 2 tablespoons of the soaking liquid. Squeeze the mushrooms dry, remove and discard the tough stems, and finely dice the caps.
2. Whisk together the soy sauce, red wine vinegar, dry red wine, reserved mushroom soaking liquid, sugar, black pepper, and cornstarch in a small bowl until the cornstarch is fully dissolved. Set the sauce aside.
3. Heat the vegetable oil in a wok or large skillet over medium-high heat. Add the diced celery and carrots and stir-fry for 3 minutes until just tender with a slight bite. Add the diced mushrooms and tofu and stir-fry for 2 more minutes.
4. Pour the sauce over the vegetables and stir constantly for 1–2 minutes until the sauce thickens and glazes everything evenly. Remove from heat and stir in the sesame oil and green onions.
5. Pat the lettuce leaves dry with paper towels and arrange on a serving platter in a cupped shape. Spoon the mushroom filling into each leaf, scatter pine nuts over the top, and serve with hoisin sauce on the side for drizzling.

18. Savory Tofu Sandwich Filling (Easy Spread)

10 min Serves 4

INGREDIENTS

1 lb (450 g) firm tofu, pressed
1/4 cup (65 g) brown miso
1/3 cup (85 g) roasted tahini
2 tablespoons yellow or white onion, finely minced
3 tablespoons carrot, finely minced (optional)
3 tablespoons unsalted sunflower seeds
Black pepper to taste

INSTRUCTIONS

1. Press tofu for 30 to 40 minutes: wrap the block in a clean kitchen towel, set on a plate, and weigh down with a heavy skillet. The goal is to remove as much moisture as possible so the spread is thick and not watery.
2. Break pressed tofu into chunks and place in a large bowl. Mash thoroughly with a fork or potato masher until crumbly and no large lumps remain.
3. Add brown miso and tahini to the mashed tofu. Mix well until fully combined and creamy. The miso provides all the salt needed – taste before adding any extra.
4. Stir in minced onion and carrot (if using). Fold in sunflower seeds. Season with black pepper.
5. Refrigerate for at least 30 minutes before serving to let the flavors meld. Store covered in the refrigerator for up to 5 days. Serve on bread, crackers, or use as a wrap filling.

19. Popeye Burger Recipe (Spinach-Packed)

25 min Serves 4

INGREDIENTS

10 oz (280g) frozen chopped spinach, thawed and squeezed very dry

1 large potato (about 250g), boiled and mashed

1 medium onion, finely diced

1 medium sweet red bell pepper, finely diced

1 cup French-style green beans, cooked and finely chopped

1 1/2 cups rolled oats

1/2 cup breadcrumbs

1/4 cup nutritional yeast flakes

1/4 cup unbleached all-purpose flour

1/2 cup barbecue sauce

1 tablespoon garlic powder

1 teaspoon seasoned salt

1/2 teaspoon sea salt

1/2 teaspoon paprika

1 teaspoon vegetable stock powder

1/3 teaspoon prepared mustard

1 tablespoon vegan margarine or neutral oil, for frying

INSTRUCTIONS

1. Boil the potato until completely tender, about 15–20 minutes. Drain and mash until smooth. Thaw spinach, then wring out all excess moisture using a clean towel – it must be as dry as possible.
2. In a large bowl, combine mashed potato, dried spinach, diced onion, bell pepper, chopped green beans, rolled oats, breadcrumbs, nutritional yeast, flour, barbecue sauce, garlic powder, seasoned salt, sea salt, paprika, stock powder, and mustard. Mix thoroughly until a firm, cohesive mixture forms. If too wet, add more breadcrumbs 1 tablespoon at a time.
3. Divide mixture into 8 equal portions and shape into patties about 1/2 inch thick. Place on a plate and refrigerate for 15 minutes to firm up.
4. Heat vegan margarine in a large non-stick skillet over medium heat. Cook patties in batches, without crowding, for 5–7 minutes per side until deep golden brown and heated through.
5. Transfer cooked patties to a paper-towel-lined plate. Serve in burger buns with your preferred toppings.

20. Funtastic Seitan Fajitas (Quick & Easy)

5 min Serves 6

INGREDIENTS

1 1/2 cups seitan, sliced into thin strips
1 medium yellow onion, sliced into half-moons
1 green bell pepper, julienned
1 red bell pepper, julienned
2 medium tomatoes, diced
1 1/2 tablespoons tamari
1 tablespoon olive oil or neutral cooking oil
1 teaspoon ground cumin
1 teaspoon chili powder
1/2 teaspoon smoked paprika
1/8 teaspoon salt
1/4 teaspoon black pepper
6 whole wheat tortillas (8-inch)

INSTRUCTIONS

1. Heat oil in a large skillet or cast-iron pan over medium-high heat until shimmering.
2. Add onion and bell peppers and cook, stirring occasionally, for 5 to 6 minutes until softened and beginning to char at the edges.
3. Add seitan strips, tamari, cumin, chili powder, smoked paprika, salt, and pepper. Stir to coat and cook for 4 to 5 minutes until the seitan is heated through and lightly browned.
4. Stir in diced tomatoes and cook for 2 minutes until they release their juices and everything is combined.
5. Warm tortillas directly over a gas burner for 20 seconds per side, or in a dry skillet, then divide the filling among them. Serve immediately.

21. Best Tofu Hummus Sprout Pita (Protein-Packed)

10 min Serves 2

INGREDIENTS

2 whole wheat pita breads
1 cup (about 6 oz) firm tofu, pressed and cut into small cubes
1 tablespoon olive oil
1 teaspoon soy sauce
1/2 teaspoon garlic powder
1/4 teaspoon smoked paprika
4 tablespoons hummus
1 cup alfalfa sprouts
1/2 small cucumber, thinly sliced
Salt and black pepper to taste
Squeeze of lemon juice

INSTRUCTIONS

1. Press tofu for at least 10 minutes, then cut into small 1/2-inch cubes. Heat olive oil in a nonstick skillet over medium-high heat. Add tofu cubes and cook 4–5 minutes, turning occasionally, until lightly golden on several sides. Add soy sauce, garlic powder, and paprika, toss to coat, and cook 1 minute more. Season with salt and pepper.
2. Warm pita breads in a dry skillet over medium heat for 30 seconds per side, or wrap in a damp paper towel and microwave 20 seconds, until pliable.
3. Cut each pita in half to form 4 pockets. Spread 1 tablespoon hummus inside each pocket.
4. Divide the seasoned tofu cubes, alfalfa sprouts, and cucumber slices evenly among the 4 pita pockets. Squeeze a little lemon juice inside each pocket and serve immediately.

22. Zesty Tofu & Roasted Vidalia Sandwich

15 min Serves 1

INGREDIENTS

1 large Vidalia onion, sliced into 1/4-inch rings
1/4 teaspoon black pepper
1 teaspoon curry powder, divided
1/4 teaspoon cayenne pepper, divided
3 ounces firm tofu or tempeh, sliced thin
1 tablespoon light soy sauce
1 tablespoon spicy brown mustard
5 large baby carrots, steamed until fork-tender
1/2 to 1 tablespoon fresh lemon, lime, or orange juice
1 cup fresh spinach leaves
2 tablespoons alfalfa sprouts (optional)
2 thick slices crusty bread

INSTRUCTIONS

1. Preheat the oven to 450 F (230 C). Arrange the onion rings in a single layer on a rimmed baking sheet. Season both sides with black pepper, 1/2 teaspoon curry powder, and 1/8 teaspoon cayenne. Roast for 12 to 15 minutes per side, turning once, until deep golden and caramelized at the edges.
2. While onions roast, toss the tofu or tempeh slices with soy sauce and mustard in a small bowl. Let marinate for at least 10 minutes.
3. Mash the steamed carrots in a bowl with the citrus juice, remaining 1/2 teaspoon curry powder, and remaining 1/8 teaspoon cayenne until a rough, spreadable paste forms. Season with a pinch of salt.
4. Heat a small non-stick pan over medium heat. Cook the marinated tofu or tempeh slices for 2 to 3 minutes per side until lightly browned.
5. Toast the bread. Spread the carrot mash on one slice. Layer on the spinach, roasted onion rings, pan-fried tofu or tempeh, and alfalfa sprouts if using.
6. Top with the second slice of bread, press gently, and serve immediately.

23. Classic Oat Burgers Recipe (Vegan Favorite)

20 min Serves 12

INGREDIENTS

4 cups water
1/2 cup reduced-sodium soy sauce or tamari
1/2 cup nutritional yeast
1 large onion, diced
1/2 tablespoon garlic powder
1 tablespoon dried oregano
1 tablespoon dried basil
1/2 cup pecans, ground
4 1/2 cups old-fashioned rolled oats
2 tablespoons ground flaxseed (binder)
1 tablespoon olive oil (for pan)

INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and line two large baking sheets with parchment paper.
2. In a large saucepan, combine water, soy sauce, nutritional yeast, diced onion, garlic powder, oregano, and basil. Bring to a boil over medium-high heat, then stir in ground pecans, rolled oats, and ground flaxseed. Reduce heat to low, stir until fully combined, and cook 3 minutes until the mixture thickens and holds together. Remove from heat and let rest 10 minutes.
3. Scoop a heaping 1/3 cup of the mixture and form into a 3/4-inch-thick patty with lightly oiled hands. Place on prepared baking sheets and repeat with remaining mixture — you should get about 12 patties.
4. Bake for 20 minutes, flip each patty carefully with a spatula, then bake a further 10–12 minutes until both sides are firm and golden brown.
5. Let burgers cool on the pan for 5 minutes before serving — they firm up further as they cool. Serve on buns with your preferred toppings, or cool completely and freeze in a single layer for up to 3 months.

24. Crispy Won Ton Sandwiches (Easy Recipe)

15 min Serves 3

INGREDIENTS

1 cup neutral oil (canola or vegetable), for frying
6 vegan egg-free won ton wrappers (about 3 inches square)
4 oz Thai-flavored baked tofu, diced small
5 oz precooked edamame (shelled)
1/4 cup fresh cilantro leaves
3 tablespoons dry-roasted unsalted peanuts, roughly chopped
3 tablespoons Thai peanut sauce

INSTRUCTIONS

1. Line a plate with paper towels. Heat oil in a small, deep skillet over medium-high heat to 350°F (175°C). To test readiness, dip the edge of a won ton wrapper into the oil – it should sizzle immediately.
2. Working one at a time, gently lower a won ton wrapper into the hot oil using tongs. Fry for 15–20 seconds until the underside is golden, then flip and fry another 10–15 seconds. Transfer to the paper towel-lined plate. Repeat with remaining wrappers.
3. In a bowl, combine diced tofu, edamame, cilantro leaves, and chopped peanuts. Add peanut sauce and toss to coat.
4. Place one fried won ton skin flat on a serving plate. Spoon a generous portion of the filling on top. Place a second won ton skin on top to create a sandwich, or serve open-faced. Repeat with remaining skins and filling.
5. Serve immediately while the won ton skins are still crispy.

25. Best Vegan Burnt Ends Sandwich Recipe

40 min Serves 4

INGREDIENTS

8 oz cremini mushrooms, sliced
4 oz firm smoked tofu, cubed
2 tablespoons olive oil
1/4 cup vegan barbecue sauce (plus 1 tablespoon for glazing)
2 teaspoons marmite or white miso
1/2 teaspoon ground black pepper
1 red onion, peeled and finely sliced
1/4 cup apple cider vinegar
1 tablespoon granulated sugar
1 teaspoon salt
3 tablespoons vegan mayonnaise
1 tablespoon yellow mustard
2 cups baby spinach
4 ciabatta rolls, halved and toasted

INSTRUCTIONS

1. Make pickled onions: combine sliced red onion, apple cider vinegar, sugar, and salt in a small bowl, stir to dissolve, and set aside for at least 30 minutes.
2. Preheat oven to 425°F (220°C). Toss mushrooms and tofu with olive oil, 1/4 cup barbecue sauce, marmite or miso, and black pepper on a large rimmed baking sheet; spread in a single layer.
3. Roast for 20 minutes, stirring once halfway through, until mushrooms are caramelized and edges are slightly charred. Brush with remaining 1 tablespoon barbecue sauce and roast 3 more minutes.
4. Toast ciabatta rolls cut-side down in a dry skillet over medium-high heat for 2 minutes until golden.
5. Spread vegan mayo on the bottom halves and mustard on the top halves. Layer spinach on the bottom, pile on the burnt ends mixture, and top with drained pickled onions.
6. Close sandwiches, press gently, and serve immediately.

26. Ultimate Vegan Tofu Club Sandwich (Stacked)

20 min Serves 4

INGREDIENTS

1 block (14 oz) extra-firm tofu, pressed and sliced into 8 thin planks

½ cup breadcrumbs

½ cup nutritional yeast

1 teaspoon sea salt

1 teaspoon dried oregano

1 teaspoon black pepper

1 teaspoon sesame seeds

1 teaspoon Dijon mustard

2 tablespoons water (for mustard wash)

3 tablespoons neutral oil (for frying)

8 slices bread, toasted

1 green bell pepper, thinly sliced

1 small red onion, thinly sliced

½ cup baby spinach

8 fresh basil leaves

3 tablespoons vegan aioli

INSTRUCTIONS

1. Press tofu for at least 15 minutes, then slice into 8 thin planks (about ½ inch thick). Mix Dijon mustard with 2 tablespoons water in a shallow bowl. In a separate shallow bowl, combine breadcrumbs, nutritional yeast, salt, oregano, black pepper, and sesame seeds.
2. Dip each tofu plank into the mustard wash, then press firmly into the breadcrumb mixture on both sides until fully coated.
3. Heat oil in a large skillet over medium-high heat (around 350°F / 175°C). Fry tofu planks in batches for 3 to 4 minutes per side until golden brown and crispy. Transfer to a paper-towel-lined plate.
4. Spread vegan aioli on 4 slices of toast. Layer spinach, a tofu plank, green pepper, red onion, fresh basil, and a second tofu plank on each. Top with the remaining toast slices, press gently, and serve immediately.

27. Quick Vegan Asian Lettuce Wraps (20-Min)

10 min Serves 4

INGREDIENTS

2 teaspoons canola oil

1 (320 g / 11 oz) package veggie crumble

1 clove garlic, minced

2 teaspoons fresh ginger, grated

2 tablespoons hoisin sauce

1/2 teaspoon sesame oil

1 pinch dried red chile flakes

8 large butter lettuce or iceberg leaves

1/2 cup shredded carrot

1/2 cup English cucumber, diced

1/2 cup sweet red pepper, diced

1/3 cup green onions, chopped

1/3 cup fresh cilantro, chopped

INSTRUCTIONS

1. Heat canola oil in a large skillet over medium-high heat. Add veggie crumble and cook, breaking it apart, for 4 minutes until lightly browned.
2. Add garlic and ginger to the skillet and cook for 1 minute until fragrant. Stir in hoisin sauce, sesame oil, and chile flakes; cook for 2 more minutes until the crumble is fully coated and heated through. Remove from heat.
3. While the filling cooks, prepare toppings: shred carrot, dice cucumber and red pepper, chop green onions and cilantro. Arrange lettuce leaves open-side up on a platter.
4. Spoon filling evenly into each lettuce cup. Top with carrot, cucumber, red pepper, green onions, and cilantro. Serve immediately.

28. Best Homemade Vegan Focaccia Bread Recipe

20 min Serves 8

INGREDIENTS

3 cups (360g) all-purpose white flour
10g fresh yeast (or 1 teaspoon instant dry yeast)
1 cup (240ml) warm water (about 110F / 43C)
1 tablespoon olive oil (for dough)
1 teaspoon fine salt
3 tablespoons olive oil (for topping and pan)
2 medium fresh tomatoes, thinly sliced
2 garlic cloves, thinly sliced
1 teaspoon dried rosemary (or fresh sprigs)
1/2 teaspoon dried oregano
1/2 teaspoon flaky sea salt (for topping)
Black pepper to taste

INSTRUCTIONS

1. Dissolve yeast in warm water and let sit 5 minutes until foamy. Add 1 tablespoon olive oil and fine salt, then stir in flour until a shaggy dough forms. Knead on a lightly floured surface for 8-10 minutes until smooth and elastic.
2. Place dough in a lightly oiled bowl, cover with a damp cloth, and let rise in a warm spot for 1 hour until doubled in size.
3. Drizzle 2 tablespoons olive oil into a 9x13-inch (23x33cm) baking pan and spread evenly. Press the risen dough into the pan to fill it. Cover and let rest 30 minutes.
4. Preheat oven to 400F (200C). Using your fingertips, press deep dimples all over the surface of the dough. Arrange tomato slices and garlic over the top, drizzle with remaining 1 tablespoon olive oil, and scatter rosemary, oregano, flaky salt, and black pepper.
5. Bake at 400F for 20-25 minutes until the top is deep golden and the edges pull away from the pan. The bottom should sound hollow when tapped.
6. Cool in the pan for 10 minutes before slicing and serving.

29. Easy Vegan Tofu Quinoa Burgers (Herbseed)

20 min Serves 6

INGREDIENTS

480 g (17 oz) firm tofu, pressed and drained
3/8 cup (70 g) uncooked quinoa
3/4 cup cooked quinoa water or vegetable broth (for cooking quinoa)
3/4 cup ground flax seeds
6 tablespoons soy sauce
1 teaspoon olive oil
3 tablespoons finely chopped onion
1/4 teaspoon dried dill
1/4 teaspoon ground black pepper
1/4 teaspoon garlic powder
1 dash dried marjoram
1/8 teaspoon kosher salt

INSTRUCTIONS

1. Rinse quinoa under cold water, then cook in 3/4 cup water or broth over medium heat for 12-15 minutes until absorbed and tender. Let cool slightly.
2. Preheat oven to 375°F (190°C). Line a large baking sheet with parchment paper.
3. Press tofu for at least 15 minutes, then crumble into a large bowl using your hands until no large chunks remain.
4. Add cooked quinoa, ground flax seeds, soy sauce, olive oil, chopped onion, dill, black pepper, garlic powder, marjoram, and salt to the crumbled tofu. Mix thoroughly until a uniform dough forms that holds together when pressed.
5. Divide mixture into 6 equal portions and shape each into a firm patty about 3/4 inch thick. Place on the prepared baking sheet.
6. Bake for 12-13 minutes, flip each patty carefully, then bake for another 12-13 minutes until firm and golden on both sides. Serve on buns or lettuce wraps.

30. Grilled Vegan Tofu & Zucchini Sandwich

15 min Serves 2

INGREDIENTS

4 slices sourdough or wholegrain bread
200 g (7 oz) firm tofu, pressed and drained
1 medium zucchini (about 200 g), thinly sliced lengthways into 4–5 strips
1 teaspoon canola oil
1 teaspoon sesame oil
1/2 teaspoon salt, divided
1/4 teaspoon chili powder
1 tablespoon Japanese-style sesame dressing
1/2 cup baby spinach or mixed greens

INSTRUCTIONS

1. Press the tofu for at least 10 minutes, then slice into 4 rectangular pieces about 1 cm thick. Pat dry with paper towels. Season with 1/4 teaspoon salt and the chili powder on both sides.
2. Heat canola oil in a non-stick or cast iron skillet over medium-high heat. Add tofu and cook for 4–5 minutes per side without moving, until each side is deep golden brown and crisp. Transfer to a plate.
3. In the same pan, add sesame oil over medium heat. Lay zucchini strips in a single layer, season with remaining 1/4 teaspoon salt, and cook 2–3 minutes per side until tender with grill marks. Remove from heat.
4. Toast the bread slices until golden. Spread sesame dressing evenly on one side of each slice.
5. Layer the sandwich: place spinach on the dressed side of two slices, then top with the grilled tofu and zucchini strips. Close with the remaining bread slices, press gently, and cut in half. Serve immediately.

31. Best Crispy Vegan Tofu Burgers (Easy)

15 min Serves 4

INGREDIENTS

225g (8oz) firm tofu, pressed and drained
1 cup (90g) rolled oats (certified GF if needed)
2 tablespoons soy sauce
2 tablespoons oil (canola or vegetable), divided
2 tablespoons tomato paste
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon smoked paprika
1/2 teaspoon black pepper
1/4 teaspoon fine salt
2 tablespoons ground flaxseed mixed with 3 tablespoons water (flax egg – let sit 5 minutes)

INSTRUCTIONS

1. Make the flax egg: stir 2 tablespoons ground flaxseed with 3 tablespoons water in a small bowl and let sit 5 minutes until gel-like.
2. Crumble half the tofu into a food processor with the oats and pulse 4–5 times until the mixture resembles coarse breadcrumbs. Transfer to a bowl. Crumble remaining tofu by hand into the bowl for varied texture.
3. Add soy sauce, tomato paste, garlic powder, onion powder, smoked paprika, black pepper, salt, and the flax egg to the tofu-oat mixture. Mix thoroughly until everything is combined and the mixture holds together when pressed.
4. Divide mixture into 4 equal portions and shape each into a 3/4-inch thick patty. If the mixture feels too wet, refrigerate patties for 15 minutes to firm up.
5. Heat 1 tablespoon oil in a large non-stick or cast iron skillet over medium-high heat. Cook patties for 4 minutes per side until deep golden and crisp, adding remaining oil when flipping. Do not move patties while they cook or they will break.
6. Transfer to a paper-towel-lined plate. Serve immediately on buns with your toppings of choice.

32. No-Fuss BBQ Tofu Sandwiches (5-Ingredient)

35 min Serves 4

INGREDIENTS

1 lb extra-firm tofu, pressed for 30 minutes

1 cup barbecue sauce, divided

1 medium yellow onion, thinly sliced

1 green or red bell pepper, thinly sliced

1 tablespoon olive oil

4 whole wheat hoagie rolls

Salt and black pepper to taste

INSTRUCTIONS

1. Press tofu for at least 30 minutes. Cut pressed tofu into 1/2-inch slabs. Place tofu in a shallow dish, pour 3/4 cup barbecue sauce over it, and marinate for at least 30 minutes (or up to 24 hours in the refrigerator).
2. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper. Arrange marinated tofu slabs on the prepared baking sheet in a single layer.
3. Bake tofu for 20 minutes, flip each piece, brush with remaining marinade from the dish, and bake for another 20 minutes until edges are caramelized and slightly crispy.
4. While tofu bakes, heat olive oil in a skillet over medium heat. Add sliced onion and bell pepper with a pinch of salt; cook for 10 to 12 minutes, stirring occasionally, until softened and lightly caramelized.
5. Warm the hoagie rolls. Drizzle the inside of each roll with the remaining 1/4 cup fresh barbecue sauce. Layer with tofu slabs and top with sautéed onion and bell pepper. Serve immediately.

33. Best Vegan Lentil Burgers (Homemade)

15 min Serves 8

INGREDIENTS

1 cup dry green or brown lentils, rinsed
2 1/2 cups water
1 tablespoon olive oil, plus more for frying
1/2 medium yellow onion, finely diced
1 medium carrot, grated
2 garlic cloves, minced
1 tablespoon low-sodium soy sauce
1 teaspoon black pepper
1/2 teaspoon smoked paprika
1/2 teaspoon salt
2 tablespoons ground flaxseed mixed with 5
tablespoons water (flax egg)
3/4 cup rolled oats, finely ground
3/4 cup plain breadcrumbs

INSTRUCTIONS

1. Combine lentils and water in a medium saucepan. Bring to a boil, then reduce heat to low, cover, and simmer for 25–30 minutes until lentils are fully tender and water is absorbed. Drain any excess water. Set aside to cool for 10 minutes. Mix ground flaxseed with water in a small bowl and let sit 5 minutes to gel.
2. Heat 1 tablespoon oil in a skillet over medium heat. Sauté onion and carrot for 5 minutes until soft. Add garlic and cook 1 minute more. Remove from heat.
3. Transfer cooled lentils to a large bowl and mash thoroughly with a fork or potato masher — leave some texture, not fully smooth. Add the sautéed vegetables, flax egg, soy sauce, pepper, paprika, salt, ground oats, and breadcrumbs. Mix until a firm, moldable mixture forms. If too wet, add 2 tablespoons more breadcrumbs.
4. Divide mixture into 8–10 equal portions and shape into patties about 3/4 inch thick. For pan-frying: heat a thin layer of oil in a skillet over medium heat and cook patties 4–5 minutes per side until a dark golden crust forms. For baking: arrange on a parchment-lined baking sheet and bake at 375°F (190°C) for 20 minutes, flip, and bake 10 more minutes until firm and browned.
5. Serve on buns with desired toppings. Refrigerate leftovers up to 4 days, or freeze uncooked patties between parchment sheets for up to 2 months.

34. Easy Walnut Tofu Burgers (Protein-Packed)

15 min Serves 8

INGREDIENTS

10 1/2 oz (297 g) silken tofu, well drained
1 cup walnuts, finely chopped
1/4 cup sunflower seeds
1/4 cup scallions (green onions), finely chopped
2 tablespoons tamari or soy sauce
2 tablespoons nutritional yeast flakes
1/2 teaspoon dried basil
2 cups herb stuffing mix, crumbled (not whole cubes)

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Line a standard baking sheet with parchment paper. Drain silken tofu thoroughly by wrapping in a clean kitchen towel and pressing gently to remove excess liquid.
2. In a large bowl, mash drained tofu until smooth. Add walnuts, sunflower seeds, scallions, tamari, nutritional yeast, and basil. Mix well.
3. Stir in the crumbled herb stuffing mix. The mixture should hold together when pressed; if too wet, add another 2–3 tablespoons of stuffing mix. If too dry, add 1 tablespoon of water.
4. With damp hands, shape the mixture into 8 equal patties, each about 3/4 inch thick. Place on the prepared baking sheet.
5. Bake at 375°F (190°C) for 15 minutes, flip carefully, and bake another 12–15 minutes until both sides are firm and golden brown. Serve on buns or with a green salad.

35. Crunchy Vegan Rainbow Wrap (20-Minute)

10 min Serves 2

INGREDIENTS

8 oz (225g) three-grain tempeh, sliced into 1/4-inch strips

1 tablespoon neutral oil (for sauteing tempeh)

1 teaspoon tamari or soy sauce (for tempeh seasoning)

2 large flour tortillas

4 tablespoons beet hummus

1/2 yellow bell pepper, thinly sliced

1/2 red bell pepper, thinly sliced

2 oz (about 1 cup loosely packed) pea shoots

1 avocado, pitted and sliced

Salt, black pepper, and garlic powder to taste

INSTRUCTIONS

1. Heat oil in a skillet over medium heat. Add tempeh strips and cook for 3–4 minutes per side until golden brown. Add tamari and toss to coat. Remove from heat and set aside.
2. Warm tortillas in a dry skillet over medium heat for 30 seconds per side, or wrap in a damp paper towel and microwave for 20 seconds, until pliable.
3. Lay each tortilla flat. Spread 2 tablespoons of beet hummus in a thin layer over each tortilla, leaving a 1-inch border around the edges.
4. Arrange fillings in rows across the center of each tortilla: bell pepper strips, pea shoots, sauteed tempeh, and avocado slices. Season lightly with salt, black pepper, and garlic powder.
5. Fold the bottom edge of the tortilla up over the filling, then fold in the sides and roll tightly away from you to seal.
6. Slice each wrap diagonally in half and serve immediately.

36. Thai Tofu Wrap (Quick & Flavorful)

10 min Serves 1

INGREDIENTS

1 teaspoon canola oil

5 oz extra-firm tofu, pressed, patted dry, and crumbled (about 1 cup)

1 clove garlic, minced

1 tablespoon soy sauce or tamari

1 teaspoon fresh lime juice

¼ teaspoon sriracha or chili garlic sauce (optional)

1 large whole-wheat wrap (10-inch)

⅓ cup shredded carrot

⅓ cup diced cucumber (about ½ small cucumber)

¼ cup fresh cilantro leaves

2 tablespoons peanut sauce (store-bought or homemade)

1 teaspoon sesame seeds (optional garnish)

INSTRUCTIONS

1. Heat canola oil in a small non-stick skillet over medium-high heat. Add crumbled tofu and cook for 3 to 4 minutes, stirring occasionally, until lightly golden. Add minced garlic and cook for 30 seconds more. Stir in soy sauce, lime juice, and sriracha if using. Cook for 1 more minute until the liquid absorbs. Remove from heat.
2. Lay the wrap flat on a clean surface. Spread peanut sauce evenly over the center, leaving a 1-inch border around the edges.
3. Pile shredded carrot, diced cucumber, and cilantro leaves in a line down the center of the wrap. Spoon the warm tofu crumble on top. Sprinkle with sesame seeds if using.
4. Fold in the two short sides of the wrap, then roll from the bottom up tightly. Slice diagonally in half and serve immediately.

37. Marinated Sesame Tofu on Ciabatta

20 min Serves 4

INGREDIENTS

1/4 cup soy sauce
1/4 cup sherry vinegar
1/4 cup vegetable oil
1/4 cup toasted sesame oil
1/4 cup Dijon mustard
1 (8-ounce) package extra-firm tofu, pressed and drained
2 tablespoons sesame seeds
1 large loaf ciabatta bread (or 6 ciabatta rolls), sliced for serving
1 seedless cucumber, thinly sliced
2 cups arugula

INSTRUCTIONS

1. Press tofu for at least 15 minutes, then slice into 1/2-inch planks. Whisk together soy sauce, sherry vinegar, vegetable oil, sesame oil, and Dijon mustard in a shallow dish. Add tofu slices and marinate for at least 20 minutes, flipping halfway through. Reserve the marinade.
2. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper. Remove tofu from marinade, sprinkle both sides with sesame seeds, and arrange in a single layer on the baking sheet.
3. Bake tofu for 20 to 25 minutes, flipping once halfway, until golden and firm with lightly toasted sesame seeds.
4. While tofu bakes, cut ciabatta into sandwich-sized portions and brush cut sides lightly with reserved marinade. Toast cut-side down in a dry skillet over medium heat for 2 to 3 minutes until golden.
5. Assemble sandwiches: layer arugula on the bottom half of the ciabatta, top with baked sesame tofu planks and cucumber slices, then close with the top half. Serve immediately.

38. Best Oat-Pecan Burgers (Vegan)

20 min Serves 10

INGREDIENTS

4 cups (960 ml) water
1/2 cup (120 ml) soy sauce
1/3 cup (80 ml) canola oil
2 tablespoons ground flaxseed (added as binder)
1 cup (100 g) pecans or walnuts, finely chopped
1/4 cup (15 g) nutritional yeast flakes
2 teaspoons garlic powder
1 tablespoon dried sweet basil
2 teaspoons onion powder
1 teaspoon Baked seasoning (or smoked paprika)
1 teaspoon ground coriander
1 teaspoon dried sage
4 cups (360 g) old-fashioned rolled oats

INSTRUCTIONS

1. Preheat oven to 180°C (350°F). Line two large baking sheets (about 33 x 45 cm / 13 x 18 inches) with parchment paper.
2. In a large bowl, combine water, soy sauce, canola oil, and ground flaxseed. Stir and let sit for 5 minutes until the flaxseed begins to gel.
3. Add pecans, nutritional yeast, garlic powder, basil, onion powder, Baked seasoning, coriander, and sage. Stir to combine.
4. Add the rolled oats and mix thoroughly until all the oats are coated. Let the mixture rest for 10 minutes so the oats absorb the liquid and the mixture thickens to a scoopable consistency.
5. Using a 1/4 cup measure or large spoon, scoop portions onto the prepared baking sheets. Flatten each portion into a round patty about 8 cm (3 inches) wide and 1 cm thick, spacing them 2 cm apart.
6. Bake for 30–35 minutes, flipping once at the 18-minute mark, until both sides are firm and golden brown. Cool on the tray for 5 minutes before serving. Freeze extras in a single layer, then transfer to a bag for up to 3 months.

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