

Ingredient Substitution Chart



MEAT SUBSTITUTES

Textured vegetable protein (TVP), made of defatted soybeans, provides a substitute for ground meat.

***Vegetarian burgers**, made of defatted soybeans, provide a meat-like taste and texture and can substitute for ground meat.

Tempeh, made from fermented soybeans, has a distinct flavor and meaty texture 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**, a curd 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. For a denser texture, freeze tofu, thaw, and squeeze out excess water before using it in your recipe.

*Items marked with an asterisk are easily available in India.



DAIRY ALTERNATIVES

Milk: Coconut milk, almond milk, soymilk, cashew milk, wheat milk, and rice milk.

Creams: Almond milk (or any nut milk) soymilk, coconut milk, mashed potato, pureed garbanzo beans (chickpeas), pureed tofu, soy sour cream, cashew cream, soy whipping cream, or soy creamers.

Khoya (Mawa): Cashew paste.

Parmesan cheese: Nutritional yeast, garlic powder, and/ or chopped walnuts or almonds.

Indian cottage cheese (Paneer): Soy-, rice-, nut-based cheese alternatives, tofu ricotta, or nutritional yeast.

Butter: Cashew butter, peanut butter, sesame seed butter, or any other dairy-free non-hydrogenated margarine for cooking, baking, or spreading.

Yogurt: Peanut curd and soy yogurt.

Ghee: Vanaspati ghee (vegetable oil), olive oil, and saffola oil.



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 soy or rice yogurt

1 1/2 tsp. of Ener-G Foods Egg Replacer +
2 Tbsp. lukewarm water

1 Tbsp. ground flaxseed meal + 3 Tbsp. water

1/4 cup mashed white potatoes or sweet potatoes

2 Tbsp. potato starch, cornstarch, or arrowroot

2-3 Tbsp. tomato paste

1/4 cup cooked oats

2-3 Tbsp. bread crumbs

2-3 Tbsp. flour

1 tsp. baking powder

OIL ALTERNATIVES

Sautéing: Water or vegetable broth.

Baking: Apple sauce 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, as examples.