



## HOW TO SUBSTITUTE BEANS FOR MEAT IN ANY RECIPE

By Mary Margaret Chappell

Choosing a plant-based diet doesn't mean giving up the meat-based dishes you love. On the contrary, there are lots of plant foods that make very tasty substitutes for meat, including—and especially—beans. Here's how the hearty legumes can replace beef, chicken, pork, and even bacon in your favorite recipes.

**Substitute Lentils for Ground Meat** With their tiny size and toothsome texture, green, brown, and black lentils are one of the easiest plant food swaps to make. The switch works for everything from *sloppy joes* to *pasta sauce*. Replace 1 pound of ground meat with 2 cups of cooked, drained lentils. Keep cooking time to around 30 minutes (reduce it if necessary) so the lentils stay whole and firm. Precooked boxed or canned lentils also do the trick when time is short.

**Use Chickpeas Instead of Chicken or Turkey** The color and chewiness of chickpeas can mimic that of chicken and turkey meat. Coarsely mashed, chickpeas can stand in for poultry in your favorite sandwich salads. Blended with breadcrumbs, they can be turned into mouthwatering *burgers* and kid friendly *nuggets*. You can also just add them whole to recipes for soups and pot pies. Use equal amounts of cooked chickpeas (by volume or weight) for cooked or raw chicken or turkey.

**Mix and Match Beans for Meaty Textures** When a meat-based recipe such as chili or soup already calls for beans, try adding a different type to replace the meat. This gives the dish added color and flavor plus a satisfying play of textures. (*Three Bean Chili for a Crowd* is a great example.) Pair smaller bean varieties with larger ones and vice versa, and use equal amounts of cooked beans (by volume or weight) to replace the meat. Reduce cooking time to under an hour: Beans don't require as much simmering as meats do. And don't forget about the tasty beans you can find in the freezer aisle, such as edamame, lima beans, and favas!

**Turn to Bean Burgers for Bigger Cuts** Take away the bun and give bean burger patties different shapes to turn them into steaks, cutlets, and chunky pieces that can be added at the last minute to hearty stews. Most bean burgers, such as the *Basic Veggie Burger*, can be cooked and frozen for make-ahead ease.

**Oven-Roast Beans for Bacon-Like Bits** Get a crunchy, smoky, bacon-like fix from crispy roasted beans. Use our recipe for *Jordanian Roasted Chickpeas* or toss 1½ cups

cooked beans (any type except lentils) with 1 tablespoon chili powder, smoked paprika, or your favorite spice blend, then roast them at 400°F on a parchment-lined baking sheet for 35 to 40 minutes until lightly browned. Cool completely, then use anywhere you'd use bacon or bacon bits. Store roasted beans in an airtight container to keep them crisp for up to 3 days.

[https://www.forksoverknives.com/substitute-beans-for-meat-guide/?utm\\_source=AC&utm\\_medium=Email&utm\\_content=Substitute+Beans+for+Meat&utm\\_campaign=GC+3%2F19+Reverse+Diabetes+on+a+P%7Bant-Based+Diet#gs.1osn5x](https://www.forksoverknives.com/substitute-beans-for-meat-guide/?utm_source=AC&utm_medium=Email&utm_content=Substitute+Beans+for+Meat&utm_campaign=GC+3%2F19+Reverse+Diabetes+on+a+P%7Bant-Based+Diet#gs.1osn5x)

# Lentil Sloppy Joes

**Prep-time: 10 minutes / Cook Time: 1.5 hours**

- **Makes 4-6**

This is a quick and easy meal that also reheats well for lunch the next day or two. Serve this stuffed into a whole-grain bun and eat with your hands, or ladle it over the buns (open-face style) and eat with a fork. I usually serve steamed kale with this dish and fresh corn, when in season.

## Ingredients

- 3 ⅓ cups water or low-sodium vegetable stock
- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 tablespoon chili powder
- 1 ½ cups dried brown lentils
- 1 15-ounce can diced fire roasted tomatoes
- 2 tablespoons soy sauce
- 2 tablespoons Dijon mustard
- 2 tablespoons brown sugar
- 1 teaspoon rice vinegar
- 1 teaspoon vegetarian Worcestershire sauce
- salt to taste

## Instructions

1. Place 1 cup of the water or stock in a large pot.
2. Add the onions and bell pepper and cook, stirring occasionally until onions soften slightly, about 5 minutes.
3. Add the chili powder and mix in well. Add the remaining liquid, lentils, tomatoes, and the rest of the seasonings. Mix well, bring to a boil, reduce heat, cover and cook over low heat for one hour, stirring occasionally.
4. Serve on whole-wheat buns, or fresh baked bread, with the trimmings of your choice.

# Budget-Friendly Lentil Bolognese

Ready In: 30 minutes

- **Makes 2-3 servings**

A tasty Lentil Bolognese is a must for your recipe arsenal, and this one passes the test for a busy student—or anyone in a hurry or on a budget. Made in a pressure cooker, this Lentil Bolognese is a quick and healthy spin on a traditionally meat-based sauce

## Ingredients

- 1 (28-ounce) can salt-free diced tomatoes or tomato purée
- 1 (6-ounce) can tomato paste
- 1 ½ cup black beluga lentils, rinsed and drained
- 3 ½ cups water
- 1 onion, diced
- 4 cloves garlic, minced
- 2 carrots, grated or finely chopped
- 2 tablespoons Italian seasoning
- 2 teaspoons poultry seasoning
- Pinch of crushed red pepper flakes
- ½ cup packed fresh basil, chopped
- Sea salt and freshly ground black pepper
- Garlic powder and onion powder
- Splash of balsamic vinegar or red wine vinegar

## Instructions:

### *Pressure Cooker Method*

1. Place the tomatoes, tomato paste, lentils, water, onions, garlic, carrots, Italian and poultry seasonings, pepper flakes, and ¼ cup chopped basil into a pressure cooker. Cook at high pressure for 20 minutes.
2. After releasing pressure, mix well, then season with salt, pepper, garlic powder, and onion powder to taste. Finish with the remaining fresh basil and a splash of balsamic vinegar or red wine vinegar.
3. If you'd prefer a smoother consistency, transfer 2 to 3 cups of the sauce to a blender with a tight-fitting lid covered with a towel and puree until smooth.

4. Serve over whole-grain pasta, zucchini noodles, or roasted sweet potatoes.

***Stovetop Method***

1. Cook all ingredients for 30 to 40 minutes over high heat until the lentils are soft.
2. Optional: Saute the onions and garlic first.

**Note:** You can replace the black beluga lentils with another variety but be sure to adjust the cooking time accordingly.

# Mediterranean Chickpea Burgers

- **Ready In: 45 minutes**
- **Makes 6 burgers**

Skillet-browned chickpea patties are smothered in sautéed onions and bell peppers, topped with peppery arugula, and served open-faced on toasted hamburger bun halves that have been slathered in roasted red pepper hummus for a Mediterranean-inspired vegan burger. For make-ahead ease, the onions and bell peppers can be sautéed up to three days beforehand, then reheated, and the patties can be prepared and shaped the day before, then sautéed just before serving. You can also try making the burgers with other types of beans and breadcrumbs, depending on your preference and what you have on hand

## Ingredients

- 2 (15-ounce) cans no-salt-added chickpeas
- 1 tablespoon grated lemon zest
- 3 tablespoons fresh lemon juice (from 1 to 2 lemons)
- ½ cup whole-wheat panko breadcrumbs
- ¼ cup snipped fresh parsley
- 2 tablespoons snipped fresh oregano
- 4 cloves garlic, minced
- ¼ teaspoon sea salt
- 1 red bell pepper, quartered
- 1 cup sliced red onion
- 1½ cups fresh arugula
- 3 vegan whole-wheat hamburger buns, split and toasted
- 6 tablespoons roasted red pepper hummus
- Lemon wedges

## Instructions

1. Drain the chickpeas, reserving 3 to 4 tablespoons of the liquid. In a food processor, combine the chickpeas, lemon zest, 2 tablespoons of the lemon juice, breadcrumbs, parsley, oregano, garlic, and salt. Process for 2 minutes or until smooth, adding the reserved chickpea liquid, 1 tablespoon at a time, until mixture begins to come together. Form into six ¾-inch-thick patties.

2. Heat a 12-inch nonstick skillet over medium heat. Add the bell pepper, onion, and  $\frac{1}{4}$  cup water. Cook, covered, for 8 minutes or just until tender, turning once. Cook, uncovered, for 2 to 3 minutes more or until liquid is evaporated and vegetables are starting to brown. Remove from skillet. Wipe out skillet with a paper towel. Add patties, and cook over medium-high heat for 10 to 12 minutes or until golden and heated through, turning once.
3. Cut the bell pepper quarters into thin strips. Toss the arugula with the remaining 1 tablespoon of lemon juice. Spread cut sides of the buns with hummus. Serve patties open-faced on the bun halves, topped with the bell pepper, onion, and arugula. Serve with lemon wedges.

# Chickpea Nuggets

- **Ready In: 1 hour**
- **Makes about 22 nuggets**

Kids go crazy for this vegan alternative to chicken nuggets. Serve our tender-on-the-inside, crispy-on-the-outside chickpea bites with [ketchup](#) and [BBQ sauce](#) for dipping, and feel free to offer hot sauce for spice-loving adults. Leftovers are great for next-day lunches too, because they taste delicious hot or cold. To prepare the nuggets in an air fryer, cook them for 15 minutes at 370°F.

## Ingredients

- ½ cup whole grain bread crumbs
- 2 teaspoons Italian seasoning
- 2 (15-ounce) cans chickpeas, drained and rinsed (3 cups)
- 1½ cups cooked brown rice
- 1 small onion, cut into 1-inch pieces (1 cup)
- 3 cloves garlic
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- ¼ cup nutritional yeast
- ¼ cup lime juice
- ¼ cup finely chopped fresh parsley
- Sea salt and freshly ground black pepper
- Ketchup, BBQ sauce, and/or hot sauce for dipping

## Instructions

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper.
2. In a small, shallow bowl, mix together the bread crumbs and Italian seasoning.
3. In the bowl of a food processor, combine the chickpeas, rice, onion, garlic, cumin, turmeric, nutritional yeast, lime juice, parsley, and salt and pepper to taste; pulse to a pliable mixture. (If you don't have a food processor, use a potato masher.) Mold about 2 tablespoons of the mixture into an oblong nugget, then roll the nugget in seasoned bread crumbs, and place it on the prepared baking sheet.

4. Repeat until all of the mixture is used. Bake for 20 minutes, then flip nuggets and bake for 20 more minutes.
5. Serve hot with ketchup, BBQ sauce, and/or hot sauce for dipping

# Three Bean Chili for a Crowd

- **Prep-time: 15 minutes / Cook Time: 30 minutes**
- **Serves 12**

Chili is an all-American classic with Latin American roots. Every household has its own favorite recipe, and each thinks theirs is the best. While we are not here to argue, we'd like to throw this hearty vegan chili recipe in for a vote. If you want to adjust the spiciness of this recipe, use a little more or a little less cayenne pepper to suit your palate.

By [Del Sroufe](#), January 28, 2013

## Ingredients

- 1 large yellow onion, chopped
- 8 cloves garlic, minced
- 1 tablespoon cumin seed, toasted and ground
- 2 tablespoons ancho chile powder
- 1 teaspoon cayenne pepper
- 1½ cups tomato paste
- 2 (15-ounce) cans pinto beans, rinsed and drained (3 cups)
- 1 (15-ounce can) black beans, rinsed and drained (2 cups)
- 1 (15-ounce can) garbanzo beans, rinsed and drained (2 cups)
- 2 (28-ounce) cans diced tomatoes
- Sea salt and black pepper to taste

## Instructions

1. Sauté the onion in a large pot over medium heat for 8 minutes. Add water 1 to 2 tablespoons at a time, as needed, to keep the onion from sticking. Add the garlic, ground cumin, ancho chile powder, and cayenne pepper. Cook 1 minute.
2. Add the tomato paste, pinto beans, black beans, garbanzo beans, diced tomatoes, sea salt and black pepper to taste, and 4 cups water. Cook 20 to 25 minutes.

# Basic Veggie Burger Recipe

- **Ready In: 30 minutes**
- **Makes 7 to 8 palm-size burgers**

Savory and satisfying, and loaded onto a whole-grain bun with the works, a good burger is always a hit. Plant burgers—aka veggie burgers—are a popular transition food that you can carry well on into full-fledged practice of your plant-centered meals. This basic veggie burger recipe is drawn from the meatloaf formula Mom used when I was a kid: ground meat, chopped onions, tomato sauce for moisture, seasonings, and oatmeal or breadcrumbs to bind it all together. I simply switched in meaty beans and grains (according to the dictionary, one definition of “meat” is the edible part of any food), added a variety of vegetables and seasonings, and dressed it in a nice crisp coating. This is a perfect example of taking a meal you already know and plantifying it.

## Ingredients

### BASE

- 1 can (15 ounces) beans, drained and rinsed (about 1½ cups)
- 1 cup cooked short-grain brown rice (see note)

### VEGETABLES/NUTS

- 1 ½ cups chopped raw vegetables (example: ½ cup each of onions, carrots, and mushrooms, or any desired combination)
- ¼ cup chopped nuts (examples: walnuts, almonds, and/or pine nuts) (optional; see note)

### BINDER

- 1 cup quick-cooking rolled oats, or bread crumbs

### SEASONINGS

- 2 cloves garlic, crushed, or ½ teaspoon garlic powder
- 1–2 tablespoons of your preferred spices and seasonings, to taste
- ½ teaspoon sea salt

### MOISTENER

- 2–3 tablespoons unsweetened, unflavored plant milk or vegetable broth, as needed

### CRISP COATING

- ¼ cup cornmeal or chickpea flour (more as needed)

## Instructions

1. Lightly pulse the beans in a food processor, leaving some chunks for texture, or partially mash them with a potato masher. Place the beans into a large bowl, along with the rice.
2. Finely chop the raw vegetables. I use my food processor, first cutting the vegetables into 1-inch pieces and then pulsing until finely chopped. Add the vegetables and nuts to the bowl with the beans and rice.
3. Add the binder and seasonings to the bowl, and knead to make the mixture workable for forming burgers. Add the moistener, 1 tablespoon at a time, if the burgers don't hold together well. Chill for an hour or more, if time allows.
4. Form the mixture into palm-size patties about  $\frac{3}{8}$ -inch thick.
5. Place the cornmeal or chickpea flour coating on a plate. Gently coat both sides of each burger, one at a time. Roll the edges against a flat surface to make a round shape with flat sides, and pat the coating onto the sides as well. This adds a nice crispy surface and helps the burgers keep their shape.
6. Cook the burgers in a nonstick pan over medium heat for 5 minutes, then turn and cook the other side for 4 to 5 minutes more. You can also bake the burgers on a baking sheet at 350°F for about 20 minutes.
7. Serve on buns or alone with your favorite condiments. Expect a savory, soft texture and a thin, crisp crust.

Plant burgers don't need to be limited to "burger" form, either. You can create "meatballs" from any of these variations, serving them over pasta or rice with a sauce, or you can break them into bite-sized croquettes. Extremely versatile, these veggie burgers can be cooked up on the spot, or baked in batches to keep in the fridge or freezer for grabbing on the go.

# Jordanian Roasted Chickpeas

- **Ready In: 45 minutes**
- **Makes 3 servings**

A prominent part of the Jordanian diet, the chickpea (or garbanzo bean) is one of the major food legume crops in Jordan. Though they appear in a variety of entrées and side dishes such as stews or hummus, in this recipe, chickpeas are seasoned and roasted to eat as a fun snack.

## Ingredients

- 1 ½ cups cooked chickpeas
- ½ tablespoon organic garlic powder
- ½ tablespoon organic onion powder
- 1 dash freshly ground black pepper
- 1 dash ground turmeric
- Pinch of paprika

## Instructions

1. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper or a silicone baking mat.
2. Combine all ingredients except for the chickpeas in a small bowl. Mix well.
3. Place the chickpeas in a single layer on the prepared baking sheet.
4. Sprinkle some of the spice mixture over the chickpeas, reserving some to sprinkle over when turning the chickpeas. Bake for 25 minutes, or until the chickpeas are lightly browned.
5. Shake the baking sheet gently to turn the chickpeas over. Sprinkle with the remaining spice mixture and continue baking for 15 minutes more. Serve.