

# Meat not on the menu... now what?

Get the texture & flavors of meat  
using vegetables, legumes, spices &  
even a fruit!

## Simple tips you can use.....



### Black Beans

Use black beans instead of ground meat.

Tacos on a lettuce wrap!



### Portabella Mushrooms

Mushrooms are great for texture.

Marinate & Grill - treat yourself to  
a "steak"!



### Cauliflower

Cut into steak-sized portions.

Season & Roast - it will take on the  
taste of the spices!



### Jackfruit

Stringy and tender, like shredded pork.

Try a spicy jackfruit or  
BBQ pulled jackfruit lettuce wrap!

### Spice up veggies!

#### Poultry Seasoning

Use on vegetables!

Buy a **Beef Dry Rub**, or  
make your own

#### All-Purpose Spice Rub

For about 1/3 cup of rub,  
combine:

- 2 Tbs. dry mustard
- 2 Tbs. garlic powder
- 1 Tbs. black pepper
- 2 tsp. smoked paprika
- 2 tsp. kosher salt
- 1 tsp. dried thyme
- 1 tsp. cayenne pepper

After rubbing on the mix,  
let the food stand about 15  
minutes before cooking.

### Basic BBQ Sauce

You can make it easily.

In a saucepan, combine:

- 2 cups tomato sauce
- 1¼ cup apple cider vinegar
- ¾ cup honey
- Zest & juice of ½ orange
- 3 minced garlic cloves
- 1 tsp. black pepper

Stir and heat over medium  
heat until it bubbles. Lower  
heat and let simmer for 30  
minutes until it thickens.

### Italian Marinade

In a glass container or  
plastic baggie, combine:

- ¼ cup olive oil
- 1 Tbs. lemon juice
- 1 Tbs. apple cider vinegar
- 1 Tbs. water
- 1 tsp. Italian seasoning
- 1 tsp. red pepper flakes
- 1 clove garlic, minced
- 2 Tsp. chopped parsley
- 1 Tsp. chopped basil

Place vegetables in the  
marinade for at least 30  
minutes prior to cooking.