

Animal Place's

Vegan Alternatives for Healthy & Humane Cooking

This is not an exhaustive list of all alternatives available to supplement animal products. Those listed, however, are readily available in most grocery stores, easy to use and delicious. Suggested stores that carry many of the commercial products listed below include Raleys and Safeway (health food section), Co-op grocery stores, Trader Joes. and all health food stores.

Dairy

Milk

Replacement

Soy milk: A nondairy milk made from soybeans. Use it to replace dairy milk in your favorite recipes. It comes in vacuum packages of plain, vanilla, chocolate, strawberry and carob and in low fat and nonfat. There are many different brands to choose from, each having its own distinct taste. Experiment. Some of our favorites are Soyum (Trader Joe's brand), Rice Dream, Edensoy, or Westsoy to name just a few brands.

Nut milk: As with soy milk, there are a variety of different nondairy milks made from nuts

Yogurt

Several brands of yogurt made from tofu instead of milk

Ice Cream

Double Rainbow Soy Cream is a favorite brand at Animal Place

Tofutti brand comes in many flavors as well as ice cream sandwiches

Rice Dream brand is less creamy but lower in fat

Mocha Mix is readily found, delicious, but contains many more ingredients that suspiciously sounds unhealthy

Cream Cheese

Tofutti Better than Cream Cheese is excellent supplement; it comes in a small plastic tub

Sour Cream

Tofutti Sour Supreme also a great supplement and comes packaged in a larger plastic tub

Parmesan Cheese

Soymage produces excellent Parmesan alternative

Hard Cheeses

Soymage is one of the few brands that makes vegan hard cheese but it does not melt well. Other soy cheeses taste better and melt, but they do contain casein added which is a milk derivative.

Baking

Eggs

Replacement

Ener-G Egg Replacer is a brand-name powdered mixture of vegetable starches that simulates eggs in baking. It can be used in recipes calling for unbeaten eggs, egg whites beaten stiff, and egg yolks.

Butter

Earth Balance (made from 100% expeller-pressed oils) and other high quality margarines can be readily substituted

Meat

Sausage

Ground Beef Hamburgers

Meatballs

Lunch Meats

Sliced Meat

Replacement

Lightlife Gimme Lean Sausage

Yves Breakfast Patties

Gimme Lean works well for casseroles and tacos.

Yves Veggie Cuisine makes burgers that all you have to do is pull out of the package and put into the frying pan. Excellent flavor.

Natures Best is a mix that comes in a box. You add water, mix and then make your own burgers. Great texture and flavor.

Boca Burgers can be found in frozen food section. They make several flavors, one of which is vegan and very good

Garden Burger can be found in frozen food section. They, too make several flavors and only one is vegan and also excellent.

Veggie Patch Veggitos

Yves Veggie Cuisine makes deli slices in turkey, ham, bologna and pepperoni flavor.

TVP (Textured Vegetable Protein): Granules made predominantly from soy beans. Gives a hearty, chewy texture to chili, soup, casseroles, etc.

Tempeh: A versatile cultured food of Indonesia that became available in the U.S. in the 1970s. It is made from fermented soybeans, tempeh has a firm texture and a nut-like mushroomy flavor making it a desirable replacement for meat and poultry dishes without the fat and cholesterol of animal products. Tempeh contains the essential amino acids for complete protein, as well as iron, vitamin E, lecithin, and fiber. Optimal flavor can be achieved when tempeh is sauteed or lightly grilled in flavored oil.

Tofu: Also referred to as soybean curd, it is a white, cheese-like cake or block that's sold in one-pound packages in the refrigerator or produce section of supermarkets. It is made of soybeans, water, and a natural coagulant, tofu is high in calcium, complete protein, vitamins, minerals and digestibility, and low in calories, fat and sodium. It is flavorless on its own and readily absorbs the flavor of other foods. If you are not familiar in cooking with tofu, we recommend you purchase the commercially prepared products for supplement meat. It is available in soft, firm or extra firm.

Other

Mayonnaise

Replacement

Nayonaise: A brand-name sugar-free, low-sodium mayonnaise made with tofu. It has half the calories of regular mayonnaise (35 calories per Tbs.) and no animal ingredients.

Soyanase: A Trader Joe's brand that is excellent

Vegenaise: The best by far (tastes like Best Foods) but it is higher in fat than other two products listed

For more information or if you know a great alternative, we have missed, please let us know.