

# Replacing Meat With Plant-Based Protein Foods

Plant proteins cost less than animal proteins and are just as nutritious.

Here are some ideas to reduce your grocery bill and eat less meat and poultry by opting for plant-based protein foods.

## Replace animal protein with the same amount of plant protein

### Ground meat

#### In sauces:

(such as spaghetti sauce, chili, and Asian-style macaroni), use:

- Lentils
- Beans (red, black or other)
- Textured vegetable protein (TVP)
- Firm tofu, crumbled

#### In formed dishes:

(such as patties, meatballs and meatloaf), use:

- Lentils
- Beans (red, black or other), mashed
- Textured vegetable protein (TVP)
- Firm tofu, sliced, cubed or crumbled, depending on the recipe

### Chicken

#### In dishes with big pieces:

(such as burgers and skewers), use:

- Firm tofu, sliced

#### In dishes with small pieces or strips:

(such as stir-fry, general Tao chicken, butter chicken), use:

- Firm tofu, cubed, broken into pieces or in strips
- Chickpeas



Gradually include plant-based protein foods into your diet. That way, you will get used to their taste and texture. For example, replace half the meat in a recipe with the same amount of a plant-based protein food.

# Cooking plant-based protein foods

## Legumes:

lentils,  
chickpeas and  
beans (red,  
black or other)



Legumes work well in dishes with sauce such as chili, stews and curries. They can also be mashed to make patties and spreads.

Available dry or canned

- Dry: Soak in water for 8 to 10 hours. Rinse and then cook in plenty of water according to package instructions.  
*Note: Dry lentils do not need to be soaked before cooking.*
- Canned: Rinse and use!

## Tofu

Available in different firmness levels

- Firm, medium or extra-firm: Cube, slice, grate or crumble tofu before adding it to your recipes.
- Soft or silken: Add tofu directly to your recipes.

Store tofu in the refrigerator.

Plain tofu has a neutral taste. It is best to cook it with seasonings or sauces that will give it flavour.



**Firm tofu**

Firm tofu works well in stir-fries and stews.

**Soft or silken tofu**

Soft tofu can be added to smoothies, muffins, spreads and soups.

**TVP**  
Textured  
vegetable  
protein



Textured vegetable protein comes in the form of dry flakes.

It is often used to replace ground meat. It must typically be rehydrated with a little hot water or stock, and then seasoned. However, it can be added directly to dishes with sauce such as chili.

TVP can also be used dry to add crunch to dishes.

Do not hesitate to cook plant-based protein foods with your favourite seasonings to give them even more flavour!