

Beef-flavored Un-Steak Strips (Vegan)

Barbara Gray-Creaghe, www.GoDairyFree.org ~ Honestly, I did not know what to expect from the Un-Steak slices when I started out. I cook frequently with meat and occasionally with tofu or eggplant, but this was the first time I had tried a meat substitute. Approaching this new food with caution, I first tried to determine what would best complement the little faux meat slices as far as flavors. I then chose a suitable recipe where I would normally use beef so I could better compare and contrast the Un-Steak with the "real deal".

I was pleasantly surprised! The Un-Steak was quick to prepare, had a good texture and was easily substituted for beef in the Thai Coconut Green Curry Beef recipe below. When I reheated it again for leftovers it was arguably better than the first time, the flavors having "married" over time.

One ingredient that the Un-Steak was missing was the fat and that was a flavor / texture that I thought I was really going to miss. It turned out to be something that I can happily live without! It was nice to be able to enjoy the taste of the other subtle ingredients without them being overshadowed by the fat of the meat. Another concern I had was that I would not feel satiated or that the fullness would not last. Luckily, that was not the case; with the Un-Steak slices I felt just as full as I would have with the meat and the feeling persisted. I was content with the meal and happy that I could be proud of my healthier food choices.

I would definitely use Un-Steak again in most of my recipes in the place of beef, especially stir fry. Go ahead, give it a try in your favorite recipe or try this one ...

Thai Coconut Green Curry "Beef";

- 1 package Un-Steak slices
- 12 oz coconut milk
- 4 oz chicken stock or water
- 1 TBL green curry paste
- 3 TBL Fish or soy sauce

Optional

- ¼ cup fresh basil
- ¼ cup bamboo shoots

Prepare the Un-Steak slices according to the directions on the package.
In a medium saucepan combine the remaining ingredients and simmer for 5 minutes.
Add to the Un-Steak slices and simmer for an additional 10 to 15 minutes.
Serve over your favorite quinoa (as pictured) or rice.
Enjoy!

Where to Purchase: UnSteak Strips are a product of Nutritional Designs (ND Labs), see their website to purchase.