

Big Mac Salad

Prep Time: 10 Minutes

Cook Time: 15 minutes

Serves: 4 Servings

Ingredients

For the Beef:

- 1½ Cup TVP (Textured Vegetable Protein)
- 1 1/3 Cup water or vegetable broth
- 1 tablespoon olive oil
- 1 small yellow onion
- 3 cloves garlic
- 2 tablespoons nutritional yeast
- 2 tablespoon soy sauce (gluten-free if preferred)
- 1 teaspoon smoked paprika
- 1 splash vegetable broth or water

For the Big Mac Sauce Salad Dressing:

- 3/4 cup vegan mayonnaise (see notes for low calorie and oil-free version)
- 3 tablespoons dill pickle relish
- 1 1/2 tablespoon Dijon mustard
- 1 1/2 teaspoon white vinegar
- 1 teaspoon paprika
- 3/4 teaspoon garlic powder
- 3/4 teaspoon onion powder
- 1 - 3 tablespoons plant-based milk (such as oat or soy), if needed

For the Salad:

- 1 head iceberg lettuce or romaine
- 1 cup shredded vegan cheese
- 1 cup sliced dill pickles
- 1/2 cup sliced red onion

Preparation

Step 1

Add water or vegetable broth to TVP in a small bowl

Step 2

In a large skillet or non-stick pan heat the olive oil over medium-high heat. Add the onion, and garlic. Sauté for about 5 minutes until the onions turn translucent and begin to brown.

Step 3

Reduce the heat to medium and add TVP to onions. Cook for about 5 minutes. Mix in the nutritional yeast, soy sauce, and smoked paprika. If the mixture is too dry, add a splash of vegetable broth or water as needed. Remove from the heat and set aside.

For the Big Mac Sauce Salad Dressing:

1. In a small bowl, mix together the vegan mayonnaise, relish, mustard, vinegar, paprika, and garlic powder. If you would like your dressing to be thinner mix in 1 tablespoon of plant-based milk at a time until you reach your desired consistency.

To Assemble the Vegan Big Mac Salad:

1. Divide the lettuce evenly among 4 bowls. Top with the vegan cheese, pickles, onions, and the TVP beef. Add dressing to taste and serve right away.