



Makes 4 sandwiches

Preparation Time: 30 minutes

INGREDIENTS:

1 tablespoon extra-virgin olive oil (optional, [learn more](#))

8 oz. fresh portobello mushrooms, sliced

1 medium onion, sliced

1 medium green bell pepper, sliced

1 medium red bell pepper, sliced

½ teaspoon chopped fresh thyme

½ teaspoon smoked paprika

2 to 4 tablespoons low-sodium vegetable broth

1 cup canned no-salt-added chickpeas, undrained

⅓ cup nutritional yeast

1 tablespoon lemon juice

1 teaspoon dry mustard

½ teaspoon onion powder

¼ teaspoon ground turmeric

⅛ teaspoon cayenne pepper

½ to ¾ cup unsweetened, unflavored plant-based milk

1 12-oz. loaf whole wheat French bread, sliced horizontally and toasted

Mushroom Cheesesteak Sandwiches

Inspired by Philadelphia's most famous exports, these homemade vegan cheesesteak sandwiches are seriously **crave-worthy** and come together in just 30 minutes. The meaty texture and umami-rich flavor of portobello mushrooms pair well with caramelized cooked onions, bell peppers, and crispy whole grain French bread. You'll want to bookmark this "cheese" sauce; while it tastes rich, it's made with chickpeas and doesn't have a lick of **cholesterol** in it. Turmeric provides the yellow hue, and nutritional yeast, mustard powder, and onion powder do a remarkable job of mimicking the flavor of cheese. To round these scrumptious sammies out into a full meal, add a garden **salad**.

Tips

Optional oil: This is a **Forks Flex Recipe**, which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 30 calories, 3 g total fat, and 1 g saturated fat per serving.

For more inspiration, check out these tasty ideas:

- [Quick and Easy Jackfruit Salad Sandwiches](#)
- ["No-Tuna" Salad Sandwich](#)
- [Tempeh BBQ Sandwiches with Pineapple Slaw](#)
- [Middle Eastern Pita Pocket Sandwiches](#)

By Nancy Macklin, RDN

- 1 For oil-free: In an extra-large skillet, combine the mushrooms, onion, bell peppers, thyme, and paprika; cook over medium 5 to 8 minutes or until tender, stirring occasionally and adding broth, 1 to 2 tablespoons at a time, as needed to prevent sticking. *(If using oil: In an extra-large skillet heat oil, then add the mushrooms, onion, bell peppers, thyme, and paprika. Cook over medium 5 to 8 minutes or until tender, stirring occasionally. If needed, add broth, 1 to 2 tablespoons at a time, to prevent sticking.)*
- 2 Meanwhile, for "cheese" sauce, in a food processor combine the next seven ingredients (through cayenne pepper). Process until smooth, gradually adding ½ cup of the plant milk. Pour into a small saucepan and cook over medium 5 minutes or until hot and slightly thickened, adding enough of the remaining plant milk to reach desired consistency.
- 3 Spoon mushroom mixture over French bread and drizzle with "cheese" sauce.