



How to Make Veggie Steaks (Great for Vegans)

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There's nothing like taking a bite of a thick, tender, juicy steak—a veggie steak, that is. And there's nothing easier than roasting veggie steaks for a hearty, satisfying (Dare we say “meaty”?) main dish that lets vegetables take center-plate. Simply follow the step-by-step instructions below; then serve your creations steak-house style with a baked sweet potato and a big tossed salad.

Choose a Steak Vegetable

Any vegetable that's large enough to cut or trim into ¾- to 1-inch-thick steaks and sturdy enough to stand up to high oven heat can be turned into a veggie steak. Here are some of our favorites, with prep instructions and cooking times.

VEGETABLE	PREP INSTRUCTIONS	ROASTING TIME AT 400°F
Beets	Peel. Trim root and stem ends. Cut into ¾- or 1-inch thick slices.	30–40 minutes; flip halfway through
Butternut Squash	Cut 2 sides of the neck of a large (1½–2 lb.) butternut squash lengthwise to create a flat surface; leave peel on rest of squash neck to help steaks hold their shape. Slice into ¾- or 1-inch-thick slabs.	40–50 minutes; flip halfway through
Cabbage	Trim sides flat. Slice head lengthwise through core into ¾- or 1-inch-thick slabs.	20–25 minutes; flip halfway through
Cauliflower	Trim sides flat. Slice head lengthwise through core into ¾- or 1-inch-thick slabs.	40–50 minutes; flip halfway through
Celery Root/Celeriac	Cut away tough stem and root ends. Peel. Slice into ¾- or 1-inch-thick rounds.	40–50 minutes; flip halfway through
Eggplant	Cut 2 sides lengthwise to remove peel and create a flat surface; then cut lengthwise into ¾- or 1-inch-thick slabs.	30–40 minutes; flip halfway through
Portobello Mushrooms	Remove stem and scrape off gills below cap with a spoon.	15–20 minutes; start rounded side up; flip halfway through

Select a Seasoning

No need to measure here; a quick sprinkle of spices or a brushed-on coating of a sauce, condiment, or [oil-free vinaigrette](#) will heighten the rich, roasted flavor of the thick-cut vegetables you'll be using for steaks. Some to try:

— Salt-free seasoning blends and rubs—especially steak,

jerk, Cajun, taco, and barbecue

— Paprika (sweet and smoked)

— Cracked black pepper

— Onion and/or garlic powder

— Chili powders

— Condiments: Miso, tahini, Dijon mustard, balsamic vinegar

Slice, Season, Roast, and Serve

Prep your chosen vegetable(s) as explained above.

Sprinkle or brush both sides of the veggie steaks with your selected seasoning. Roast on a parchment- or silicone mat-lined baking sheet at 400°F until golden brown and fork-tender (see chart above for times), flipping the steaks halfway through the cooking time. For extra flavor, serve with a [luscious FOK sauce](#) or garnish with chopped fresh herbs.

Read Next: [How to Use Beans as a Meat Substitute in Any Recipe](#)