



How to Make Veggie Steaks (Great for Vegans)

By Mary Margaret Chappell
June 28 2022

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.

1. Choose a Steak Vegetable

Any vegetable that’s large enough to cut or trim into $\frac{3}{4}$ - 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 $\frac{3}{4}$ - 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 $\frac{3}{4}$ - or 1-inch-thick slabs.	40–50 minutes; flip halfway through
Cabbage	Trim sides flat. Slice head lengthwise through core into $\frac{3}{4}$ - or 1-inch-thick slabs.	20–25 minutes; flip halfway through
Cauliflower	Trim sides flat. Slice head lengthwise through core into $\frac{3}{4}$ - or 1-inch-thick slabs.	40–50 minutes; flip halfway through
Celery Root/Celeriac	Cut away tough stem and root ends. Peel. Slice into $\frac{3}{4}$ - 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 $\frac{3}{4}$ - 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

2. 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

(continued)

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3. 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](#)