Vegetarian Sandwich with Soy Crumbles and Mushroom



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Healthy and protein packed sandwich is a perfect substitute for meat because of the presence of soy crumbles and mushroom in it. This sandwich is really delicious, quick to make recipe. You can have this either for breakfast or lunch or dinner. Enjoy this delicious and hearty complete protein substitute sandwich with a bowl of soup, potato chips and soda.

Ingredients

4 Whole Wheat Bread
1/2 Cup of Soy Crumbles (Meatless Ground)
5 Whole Baby Bella Mushroom, Sliced
2 Roma Tomatoes, Sliced
4 Romaine Lettuce
1 Medium Size Onion, Chopped
1/2 Tsp of Red Chilly Flakes
1 Tsp of Garlic Powder
Salt and Pepper to taste
3 Tsp of Oil / Butter
4 Tbsp of Mayonnaise / Vegennaise
Honey Mustard or Dijon Mustard

Method

- **Heat oil in a pan, add red chilly flakes and chopped onion, saute this for 2 mins until it turns golden brown.**

- **Add soy crumbles, mushroom, garlic powder, salt and pepper, cook this for 3 – 5 mins. Once it done, keep this aside.**

For the sandwich build

- Apply mayonnaise or vegennaise on each side of bread.
- Place sauteed soy crumbles and mushroom over mayonnaise on each side of bread.
- Place slice tomatoes and lettuce over the top of sauteed soy crumbles and mushroom. Apply honey mustard or Dijon mustard over the top of tomatoes.
- Assemble your sandwich by gently pressing the two slices of bread together.
- Toast the bread in skillet with lid and grill until it changes color and flip over; Hot sandwich is ready to eat.



Tips

- Serve it with a bowl of any soup or potato chips.
- Use any sort of cheese or bread of your choice.

- For dressing, you can use ranch or red wine vinaigrette.

Health Benefits of Vegetarian Sandwich

Vegetarian sandwich consists of soy crumbles and mushroom placed between two slices of bread, Mushrooms are high in protein and anti-oxidants, low in calories and fat. Soy crumles are best alternative to beef or any meat, also good for cardiovascular or digestive system.

