

Vegan Lentil Salisbury Steak with Mushroom Gravy

Prep: 15 minutes • Cook: 20 minutes

Mashed lentils and vital wheat gluten create a tender-yet-meaty Salisbury steak, finished with a silky, herb-scented mushroom gravy for cozy, classic comfort—without the meat.

Ingredients

- 2 cups lentils (cooked)
- 1 cup vital wheat gluten
- 1 cup bread crumbs (vegan)
- 1/2 cup vegetable broth
- 1/4 cup soy sauce
- 1 tablespoon liquid smoke
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon olive oil (for cooking steaks)
- 2 teaspoons olive oil (for gravy)
- 8 ounces mushrooms (sliced)
- 3 cloves garlic (chopped)
- 3 tablespoons vegan butter
- 3 tablespoons all-purpose flour
- 2 cups vegetable broth
- 1/2 teaspoon sage (dried)
- 1/2 teaspoon thyme (dried)
- to taste salt
- to taste black pepper

Instructions

1. Make the Salisbury steaks: Add cooked lentils to a medium bowl and mash with a potato masher or fork until mostly mashed with some texture remaining.
2. Add vital wheat gluten, bread crumbs, vegetable broth (1/2 cup), soy sauce, liquid smoke, salt, and black pepper to the bowl. Mix to combine, then knead a few minutes until a cohesive dough forms and is no longer sticky.
3. Divide the dough into large portions, roll and flatten each into oval “steaks.”

4. For a firmer texture (optional): Preheat oven to 425°F (220°C). Place steaks on a greased or lined sheet pan and bake 20–30 minutes until firm.
5. For a more tender texture (or to brown baked steaks): Heat olive oil (1 teaspoon) in a skillet over medium-high. Cook steaks 2–3 minutes per side until browned. If baked first, sear 1 minute per side to form a crust. Remove steaks and set aside.
6. Make the gravy: In the same pan, heat olive oil (2 teaspoons) over medium-high. Add sliced mushrooms and chopped garlic, season lightly with salt and pepper, and sauté until soft and lightly browned. Remove mushrooms and set aside. Reduce heat to low.
7. Add vegan butter and flour to the pan, whisking 1–2 minutes to form a roux.
8. Gradually whisk in vegetable broth (2 cups). Simmer 2–4 minutes until thickened.
9. Return mushrooms to the pan and stir in dried sage and thyme. Season to taste with salt and pepper.
10. Add steaks back to the pan and coat in gravy for about 1 minute, or plate steaks and pour gravy over. Serve hot with your favorite sides.

Tags: Vegan, Main Course, Comfort Food, Mushroom Gravy, High Protein, Weeknight Dinner
