

# Vegan Grilled Steak & Onions

## Ingredients (Serves 2–3)

- 2–3 thick seitan cutlets *or* large portobello mushroom caps (stems removed)
- 2 large sweet onions, sliced into rings
- 3 tbsp soy sauce or tamari
- 2 tbsp olive oil (plus more for brushing)
- 1 tbsp balsamic vinegar
- 2 tbsp tomato paste
- 1 tbsp maple syrup or brown sugar
- 1 tsp smoked paprika
- 1 tsp garlic powder
- ½ tsp black pepper
- ½ tsp liquid smoke (optional, for that “grilled steak” depth)
- Pinch of sea salt

## Directions

1. **Make the Marinade:** In a bowl, whisk soy sauce, olive oil, balsamic vinegar, tomato paste, maple syrup, smoked paprika, garlic powder, pepper, and liquid smoke.
2. **Marinate the “Steak”:** Place seitan cutlets (or portobellos) in a shallow dish and coat with marinade. Cover and refrigerate 1–2 hours (or overnight for best flavor).
3. **Prep the Onions:** Toss sliced onions with a drizzle of olive oil and pinch of salt.
4. **Grill:** Heat grill (or grill pan) to medium-high. Grill onions until caramelized and lightly charred, 5–7 minutes. Grill seitan/mushrooms for 3–4 minutes per side, brushing with leftover marinade.
5. **Serve:** Layer grilled onions over your “steak,” drizzle with extra pan juices, and serve hot with roasted potatoes, salad, or crusty bread.

✨ **Chef’s Secret:** Seitan will give you that “meaty chew,” while portobellos are juicy and earthy. For the most authentic “steak bite,” lightly score the surface of seitan before marinating so the flavor seeps in.

Alternative that I love:

- Plantspired Plant-Based Steak

These brands have achieved great reviews:

1. Meati
2. Beyond Steak
3. Offbeast
4. Juicy Marbles
5. Vivera
6. The Very Good Butchers
7. Omni
8. Gardein
9. The NoMeat Company
10. Chunk