

# Vegan French Dip Sandwiches

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5 from 22 votes

**Prep Time**

10 mins

**Cook Time**

35 mins

**Total Time**

45 mins

These vegan French dip sandwiches are made with sautéed portobellos, dressed in spicy horseradish mustard and served ready for dipping in savory vegan au jus.

Course: Sandwich

Cuisine: American

Servings: 2

Calories: 379 kcal

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## Ingredients

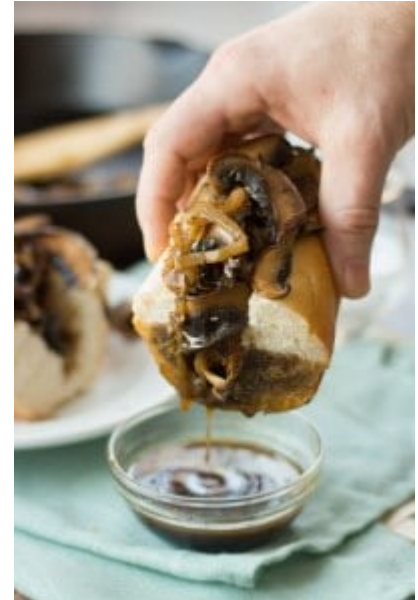
- 2 tbsp. olive oil, divided
- 1 medium onion sliced into half rings
- 2 garlic cloves minced
- 3 portobello mushroom caps, about 20 oz. total, cleaned and sliced into thin strips
- 1 cup vegetable broth
- 1 tbsp. soy sauce
- 1 tbsp. [vegan Worcestershire sauce](#)
- 1/2 tsp. dried thyme
- 1/4 tsp. [liquid smoke](#), optional, but highly recommended
- 1/4 tsp. black pepper

### For Serving

- 2-6 inch sandwich rolls or baguette sections sliced open
- horseradish mustard

## Instructions

1. Coat the bottom of a large skillet with 1 tablespoon of oil and place over medium-low heat. Add onion and toss a few times to coat with oil. Allow to cook until caramelized, about 20 minutes, flipping occasionally. Add garlic and cook about 2 minutes more. Transfer onions and garlic to a plate.
2. Coat skillet with another tablespoon of oil and raise heat to medium. Add mushroom strips. Avoid overcrowding the skillet. A little overlapping is okay, but work in multiple batches if needed (I needed two), adding a bit of oil between batches if needed. Cook until lightly browned, about 5 minutes. Flip and cook 5 minutes more on opposite sides.
3. Return onions to skillet and add broth, soy sauce, Worcestershire sauce, thyme, liquid smoke and pepper. Bring to a simmer and allow to cook, stirring occasionally, until liquid is reduced by half, about 5 minutes.
4. Slather the insides of rolls with horseradish mustard. Use a slotted spoon to remove onions and mushrooms from skillet, pressing lightly to squeeze out any excess juice. Divide onions and mushrooms into rolls. Pour cooking liquid into a small bowl and serve with sandwiches, for dipping.



<b>Nutrition Facts</b>	
Vegan French Dip Sandwiches	
<b>Amount Per Serving</b>	
<b>Calories</b> 379	Calories from Fat 147
	<b>% Daily Value*</b>
<b>Fat</b> 16.3g	<b>25%</b>
Saturated Fat 2.7g	<b>14%</b>
<b>Sodium</b> 1278mg	<b>53%</b>
<b>Potassium</b> 668mg	<b>19%</b>
<b>Carbohydrates</b> 47.5g	<b>16%</b>
Fiber 5g	<b>20%</b>
Sugar 7.4g	<b>8%</b>
<b>Protein</b> 14.3g	<b>29%</b>
<b>Calcium</b> 100mg	<b>10%</b>
<b>Iron</b> 3.2mg	<b>18%</b>
* Percent Daily Values are based on a 2000 calorie diet.	