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Vegan French Dip Sandwiches · ·

Vegan French Dip Sandwiches are a plant-based twist on the classic French Dip sandwich. This vegan version features tender seitan slices, caramelized onions, and a rich vegan au jus for dipping. It's a hearty and satisfying sandwich that's perfect for lunch or dinner.

Recipe Type: Vegan

Prep Time: 20 mins

Cook Time: 60 mins

Total Time: 80 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	Seitan
200 g	Onions
500 ml	vegetable broth
2 tbsp	soy sauce
1 tsp	garlic powder

1 tsp	onion powder
1 tbsp	vegan worcestershire sauce
400 g	Baguette

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

In a large skillet, heat some oil over medium heat. Add the sliced onions and cook until caramelized, about 20-25 minutes. Set aside.

Prep Time: 5 mins

Cook Time: 25 mins

Step 3

Sautéing

In a separate skillet, heat some oil over medium heat. Add the seitan slices and cook until browned on both sides, about 5-7 minutes. Set aside.

Prep Time: 5 mins

Cook Time: 7 mins

Step 4

Boiling

In a saucepan, combine the vegetable broth, soy sauce, garlic powder, onion powder, and vegan Worcestershire sauce. Bring to a boil, then reduce heat and simmer for 10 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Cutting

Slice the baguette into individual sandwich-sized portions. Place the seitan slices and caramelized onions on the bottom half of each baguette slice.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Pour the hot vegan au jus into small bowls for dipping.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the Vegan French Dip Sandwiches with the bowls of vegan au jus for dipping.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 280 kcal

Fat: 1 g

Protein: 19 g

Carbohydrates: 48 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	19 g	111.76%	111.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	48 g	87.27%	96%
Fibers	5 g	13.16%	20%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	8 mg	0.24%	0.31%
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Cuisines

Italian

Nutritional Content

Low Calorie

Kitchen Tools

Blender

Grill

Slow Cooker

Course

Salads

Cultural

Chinese New Year

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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