

MON TUES WED 03.12.14 THURS FRI

ASK HUNGRY GIRL

Hungry Girl,

Love your site! I don't eat meat, so I'm always happy when I see meatless recipes. Is there one place I can find lots of these?

Veggie Lover in Ventura

Hi Veggie Lover,



Glad that you love the site. (I do, too!) While I'm a TOTAL meat eater, I do love a good meat-free recipe. Here's a roundup of some of my favorites, just for you! (OK, for everyone else reading this too.)

Breakfast. A lot of our protein-packed breakfasts are veggie friendly, like this [Mixed-Veggie Soyrizo Scramble](#) and this [Cheesy Veggie-Boosted B-fast Sandwich](#). And don't miss this [swap for an IHOP veggie-loaded breakfast melt](#). Most of our [egg-mug recipes](#) are meat-free as well, and they ROCK. (So easy!)

Burgers. Burger-loving herbivores will enjoy this [Big Mac makeover](#) (using portabella mushroom caps) and these [Cheeseburger Tostadas](#) (featuring a veggie patty). Looking to make patties from scratch? Try these [Bean 'n Veggie PattyCakes](#). Seriously good stuff!

Chili, casseroles, and more comfort food. If you're looking for some soul-warming comfort food, I suggest a big bowl of guilt-free mac 'n cheese ([this one](#) is packed with roasted veggies) or this [biscuit-topped chili dish](#). If you're looking for pasta, try this [Meaty Cheesy Rollatini](#) (no meat! no noodles!) or this [Veggie-Loaded Spaghetti Amore](#). I'm also a fan of these [Mega Baked Veggie Samosas](#).

Chinese food and stir-frys. My [Veggie So Low Mein](#) is one of the most popular HG recipes ever. Also great are these [veggie-packed lettuce wraps](#). If you're fond of tofu, you'll love this [Turbo Tofu Stir-Fry](#) (the sauce is soooo good). Plus, we've got the [Awesome Eggplant Stir-Fry](#) recipe that will blow your mind.

Mexican meals. There are lots of great HG recipes for no-meat Mexi-licious goodies! Check out these [Mega-Meaty Meatless Tacos](#), [Bella Asada Fajitas](#), and [Two-Cheese Taquitos](#). BTW, you can use ground-beef-style soy crumbles in any recipe that calls for ground beef or ground turkey. For more info on how to make this swap, [click here](#).

Snacks 'n Sides. There are so many veggie-friendly options for snacks and sides, like these [vegetable skewers from last summer](#). (Is it grill time yet? Break out a grill pan in the meantime!) I also love these [five-ingredient stuffed peppers](#). And make sure you try this [potato 'n turnip swap](#) for scalloped potatoes. Yum!

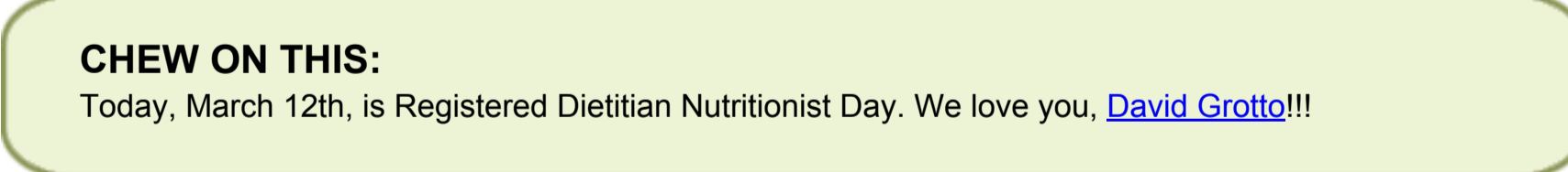
Bonus: Meatless Swaps! [Portabella mushrooms](#) are surprisingly meaty and make a great alternative to beef. [Boca burgers](#) and the [ground-beef-style crumbles](#) I mentioned earlier are also excellent! Click on those links for more recipes and ideas.

Another Bonus: Meatless Icons and Recipe Listing in HG TO THE MAX! There are around 400 veggie-friendly recipes in [HUNGRY GIRL TO THE MAX!](#), and every single one is clearly marked with a no-meat symbol. Plus, there's a chapter-by-chapter listing of the meat-free recipes in the back of the book. AWESOME.

Enjoy the recipes!!!



You KNOW you've got pals who would LOVE this meatless-recipe roundup. Click "Send to a Friend" NOW!



Have a question for Hungry Girl? [Send it in!](#) She answers new Qs each week (but cannot respond to emails personally).

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