

# Vegan French Dip Sandwiches

Yield: 2 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-horseradish-mustard>

## Ingredients:

- 2 tablespoons olive oil divided
- 1 onion medium, 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 tablespoon soy sauce
- 1 tablespoon vegan Worcestershire sauce
- 1/2 teaspoon dried thyme
- 1/4 teaspoon liquid smoke optional, but highly recommended
- 1/4 teaspoon black pepper
- 6 inches sandwich rolls or baguette sections sliced open
- horseradish mustard

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 13 grams
3. Fat: 14 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 2 grams
7. Sodium: 1020 milligrams
8. Sugar: 7 grams

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