

Vegetarian Sauce Pairing Cheat Sheet

Your Complete Guide to Perfect Flavor Combinations



Transform your plant-based meals with perfect sauce pairings

Vegetarian Proteins

Tofu

- Teriyaki Sauce
- Peanut Sauce
- Sweet & Sour
- Gochujang Glaze
- Coconut Curry

Tempeh

- BBQ Sauce
- Maple Mustard
- Tahini Sauce
- Chimichurri
- Balsamic Reduction

Chickpeas

- Tikka Masala
- Harissa
- Lemon Tahini
- Romesco Sauce
- Coconut Curry

Seitan

- Mushroom Gravy
- Buffalo Sauce
- Teriyaki
- BBQ Sauce
- Hoisin Sauce

Lentils

- Marinara
- Curry Sauce
- Bolognese Style
- Harissa
- Coconut Mint

Black Beans

- Salsa Verde
- Chipotle Cream
- Mole Sauce
- Cilantro Lime
- Enchilada Sauce

Quinoa

- Lemon Herb
- Tahini Dressing
- Chimichurri
- Pesto
- Balsamic Vinaigrette

White Beans

- Garlic & Herb Oil
- Tomato Basil
- Lemon Butter
- Sage Brown Butter
- Rosemary Garlic

Fresh Vegetables



Broccoli

- Cheese Sauce
- Garlic Butter
- Lemon Tahini
- Hollandaise
- Soy Ginger



Mushrooms

- Garlic Cream
- Red Wine Reduction
- Truffle Oil
- Soy Butter
- Herb Butter



Eggplant

- Miso Glaze
- Marinara
- Tahini
- Pomegranate Molasses
- Harissa



Bell Peppers

- Romesco
- Balsamic Glaze
- Chimichurri
- Aioli
- Salsa Verde



Carrots

- Honey Mustard
- Harissa
- Maple Glaze
- Ginger Soy
- Herb Butter



Cauliflower

- Buffalo Sauce
- Tikka Masala
- Cheese Sauce
- Tahini
- Curry Sauce



Zucchini

- Pesto
- Lemon Butter
- Marinara
- Garlic Oil
- Parmesan Cream



Potatoes

- Sour Cream & Chive
- Garlic Aioli
- Cheese Sauce
- Herb Butter
- Chimichurri

Perfect Combinations

🌟 Tofu + Broccoli

Best with: Teriyaki, Garlic Ginger, or Peanut Sauce. The mild tofu absorbs flavors while broccoli adds crunch.

🌟 Chickpeas + Eggplant

Best with: Tikka Masala, Harissa, or Tahini. Both ingredients soak up bold flavors beautifully.

🌟 Tempeh + Mushrooms

Best with: BBQ, Balsamic, or Garlic Cream. Earthy flavors complement each other perfectly.

🌟 Lentils + Bell Peppers

Best with: Marinara, Romesco, or Curry. The hearty lentils balance the sweet peppers.

🌟 Black Beans + Cauliflower

Best with: Chipotle Cream, Salsa Verde, or Enchilada. Creates satisfying Tex-Mex style meals.

🌟 Seitan + Carrots

Best with: Mushroom Gravy, Maple Mustard, or Herb Butter. Perfect for roasting together.

🌟 Quinoa + Zucchini

Best with: Pesto, Lemon Herb, or Chimichurri. Light and refreshing combination.

🌟 White Beans + Potatoes

Best with: Rosemary Garlic, Herb Butter, or Tomato Basil. Comforting and hearty.

Pro Tips

🌶️ Balance Spice

Add cooling elements like yogurt or cucumber to balance spicy sauces.

🍊 Brighten Flavors

A squeeze of citrus can brighten any heavy cream or tahini-based sauce.

🧂 Layer Seasonings

Season proteins and vegetables before adding sauce for deeper flavor.

🌿 Fresh Herbs Last

Add fresh herbs at the end to preserve their bright flavors and colors.

Quick Reference Guide

Sauce Families by Cuisine

Asian Teriyaki, Peanut, Sesame, Gochujang, Hoisin, Sweet & Sour, Miso	Mediterranean Tahini, Tzatziki, Harissa, Romesco, Chimichurri, Pesto	Mexican/Latin Salsa Verde, Chipotle, Mole, Cilantro Lime, Enchilada
Italian Marinara, Pesto, Balsamic, Puttanesca, Garlic Oil, Tomato Basil	Indian Tikka Masala, Curry, Chutney, Coconut Curry, Mint Sauce	American/BBQ BBQ Sauce, Buffalo, Ranch, Honey Mustard, Maple Glaze

Essential Sauce-Making Tips

-  **Temperature Matters**
Warm plates for hot sauces, chill plates for cold sauces to maintain ideal serving temperature.
-  **Marinating Time**
Tofu and tempeh need at least 30 minutes marinating. Press tofu first for better absorption.
-  **Consistency Control**
Too thick? Add pasta water or stock. Too thin? Simmer to reduce or add tahini/nut butter.
-  **Visual Appeal**
Mix sauce colors and textures - creamy with crunchy, bright with earthy for best presentation.
-  **Taste & Adjust**
Always taste before serving. Adjust salt, acid (lemon/vinegar), and sweetness for balance.
-  **Storage Tips**
Most sauces keep 3-5 days refrigerated. Freeze pesto and tomato-based sauces in ice cube trays.

 **Happy Cooking!** 

Save this guide for delicious vegetarian meals every time

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