

Plant-powered swaps

With about 400 varieties consumed around the world, beans are a highly versatile ingredient. Here's a few easy swaps you can make right away.

Animal-based ingredient	Bean substitute
Egg	Aquafaba (juice in a can of beans) is great for cakes, meringue and pancakes. 3 Tbsp of aquafaba = 1 whole egg 2 Tbsp of aquafaba = 1 egg white Yellow mung beans can be soaked and blended with <i>kala namak</i> (black salt, to give that egg flavor) to create an eggy batter perfect for scrambles, omelets and quiches.
Fish	Mash chickpeas and mix with plant-based mayonnaise, mustard, celery and seaweed flakes for a "no-tuna" salad.
Chicken	Chickpeas can be used in wraps, soups or curries. White beans (cannellini, navy) work well for chicken-style soups, pot pies and casseroles.
Ground beef	Black beans are perfect for tacos or chilis, or mix them with binding ingredients and seasonings to create burgers or meatballs. Add spices and/or soy sauce for extra flavor; liquid smoke creates an umami taste. Lentils can be swapped in for a meaty bite in bolognese, sloppy joes, tacos or shepherd's pie.
Cream	For a richer texture in pasta sauces, use 1 cup of white beans blended with a little bit of water.
Cow's milk	Soy milk (make your own at home with just soybeans and water)
Mayonnaise	Blend aquafaba with mustard, vinegar and oil to create a delicious egg-free mayo.

Keep this on your fridge for easy plant-powered swap ideas!



Buffalo chickpea wrap

Visit humaneworld.org/beansdayrecipes for this and more of our favorite plant-based recipes.

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