



BEGIN
AGAIN
NUTRITION



Plant-Forward Thanksgiving Recipes



**Main
Dish**

**Sides /
Appetizers**

Dessert



Vegetarian Roast



Stuffing



Pumpkin Pie



Meat Substitute Options



Trader Joe's Turkey-less Stuffed Roast



Gardein Savory Stuffed Turk'y



Gardein Turk'y Roast



Field Roast Celebration Roast



Tofurky Roast



Tofurky Ham Roast with Amber Ale Glaze



Juicy Marbles Whole Cut Loin





Vegetarian Gravy



Ingredients/ Instructions:

1. Heat sauce pan over medium heat. Add butter and flour. Whisk to make roux.

- 2 Tbsp vegan butter
- 3 Tbsp flour

2. Add to pan

- 3 Cups water
- Bouillon/broth cubes (use amount specified for water)
- 3 Tbsp nutritional yeast
- ¼ Tsp brown liquid seasoning (Kitchen Bouquet)
- Pinch of pepper to taste

3. Heat until gravy thickens.

4. If not enough, whisk 1 tbsp flour with 1 tbsp water in a small bowl and add to gravy.





Cornbread



Ingredients:

- 1 Cup all-purpose flour
- 1 Cup yellow cornmeal
- 1/4 Cup granulated sugar
- 2 Teaspoons baking powder
- 1/2 Teaspoon salt
- 1 Cup plant-based milk
- 1/4 Cup oil
- 1/4 Cup Just Egg



Instructions:

1. Preheat the oven to 400 ° F.
2. Grease a 9-inch pan.
3. Whisk together flour, cornmeal, sugar, salt, and baking powder.
4. Combine milk, oil and Just Egg and stir into dry mix.
5. Pour the batter into the prepared pan.
6. Bake for 20-25 minutes until the top is a golden brown and a toothpick inserted into the center comes out clean.

NOTES

- If making Muffins - Bake 15 minutes
- Can double and use 9x13 pan - Bake 35-40 minutes





Thanksgiving Stuffing



Ingredients:

- Cornbread - Pre-baked 9x9 pan
- 1 Loaf potato bread or white bread
- 1 or 2 lbs vegan sausage as desired cooked/crumbled (vegan Lightlife sausage)
- 1 Stick vegan margarine
- 2 Cups celery chopped
- 1 Cup onions chopped
- 1 Cup green onions chopped
- 1 Can veggie broth - 14 oz.
- 1 $\frac{3}{4}$ Cup water
- $\frac{1}{2}$ Tsp salt
- $\frac{1}{2}$ Tsp pepper
- 2 Tsp sage
- $\frac{1}{2}$ Cup Just Egg



Instructions:

1. Make cornbread the night before. Follow standard recipe on box but use vegan egg substitute - dump out on cookie sheet while hot and crumble on sheet to cool
2. Heat the oven to 350° F- Toast potato bread in the oven. Toast bread on middle rack on a cookie sheet for about 10 to 20 minutes, flip it halfway through. When cook and cooled, cut into 1 inch squares.
3. Cook and crumble sausage and set aside.
4. Melt margarine and sauté onions and celery until clear.
5. Add broth, water, salt, pepper and sage- Simmer for 10 minutes.
6. In large bowl combine cornbread & potato bread.
7. Mix in broth mixture, eggs and sausage.
8. Grease a glass pan, pour in stuffing and cover with foil.
9. Cook at 350° F for 50 minutes.
10. Take foil off and cook an additional 20-30 minutes until crisp on top.





Dairy-Free Baked Mac & Cheese



Ingredients/ Instructions:

Pasta

- 16 Ounces macaroni
- 8 Quarts water
- 1 Tablespoon sea salt

1. Preheat oven to 350° F.

2. Add salt to water & bring to a boil. Add macaroni. Cook until al dente.

3. Drain pasta and rinse with cold water. Set aside.

Topping

- 1/3 Cup vegan butter
- 1 Cup dairy free breadcrumbs (available at Trader Joe's)
- 1/4 Teaspoon paprika

4. Melt butter, add breadcrumbs, stir with fork until crumbly.

Sauce

- 4 Tablespoons shallots, peeled and chopped
- 1 Medium/large yellow potato, peeled & chopped (2 cups)
- 1/2 Cup carrots, peeled and chopped
- 2/3 Cup onion, peeled and chopped
- 2 Cups water

5. Add to saucepan: shallots, potatoes, carrots, onion, water; bring to boil. Cover & simmer 15 minutes, until vegetables are very soft.

- 1/2 Cup raw cashews (soak overnight or microwave 1-2 minutes to soften)
- 2 Teaspoons sea salt or season salt
- 1/2 Teaspoon garlic, minced
- 2/3 Cup vegan butter melted
- 1 Teaspoon honey mustard
- 2 Tablespoon lemon juice, freshly squeezed
- 1/4 Teaspoon black pepper
- 1/4 Cup nutritional yeast

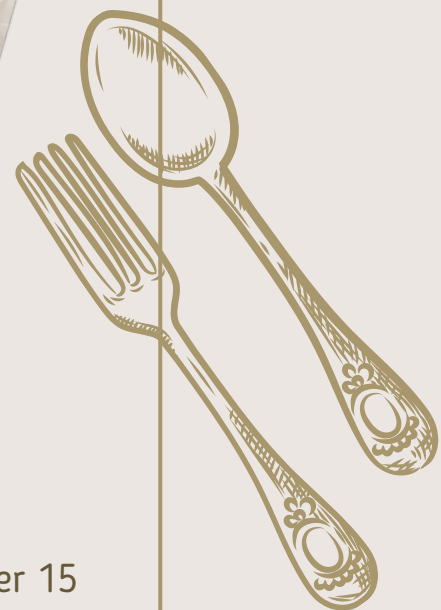
6. Blend cashews, salt, garlic, butter, mustard, lemon juice, pepper, & nutritional yeast.

7. Add cooked vegetables & remaining water and blend until very smooth.

8. In large bowl, toss pasta w/ cheese sauce until completely coated.

9. Spread mixture into 9x12 dish, sprinkle w/ breadcrumbs and paprika.

10. Bake 30 minutes until cheese sauce is bubbling & top is golden brown.





Gourmet Sweet Potato



Ingredients

- 5 Sweet potatoes
- 1/4 Teaspoon salt
- 1/4 Cup vegan butter
- 1/2 Cup Just Egg
- 1 Teaspoon vanilla extract
- 1/2 Teaspoon ground cinnamon
- 1/2 Cup white sugar
- 2 Tablespoons dairy free heavy whipping cream (available at Trader Joe's)

Ingredients:



Topping

- 1/4 Cup vegan butter, softened
- 3 Tablespoons all-purpose flour
- 3/4 Cup packed light brown sugar
- 1/2 Cup chopped pecans



Instructions:

1. Preheat oven to 350° F. Lightly grease a 9x13 inch baking dish.
2. Peel, slice & boil sweet potatoes in water 30 minutes until soft. Drain water and mash.
3. In a large bowl, mix the mashed sweet potatoes, salt, 1/4 cup vegan butter, Just Egg, vanilla extract, cinnamon, sugar, and heavy whipping cream. Transfer to prepared baking dish.
4. In a medium bowl, combine 1/4 cup vegan butter, flour, brown sugar, and chopped pecans. Mix with pastry blender or fingers to a coarse consistency. Sprinkle over sweet potato mixture.
5. Bake 30 minutes in preheated oven, until topping is crisp and lightly browned.





Roasted Vegetable Medley



Ingredients:

- 1 lb brussels sprouts (4 cups), trimmed and halved
- 3 Large carrots (3 cups), peeled and cut into chunks
- 2 Medium red onions, cut into wedges
- 2 Tablespoons of olive oil
- 1 Tablespoon maple syrup
- 1 Tablespoon fresh chopped rosemary, or 1 teaspoon dried
- ½ Teaspoon salt
- ¼ Teaspoon black pepper
- ¼ Teaspoon ground cinnamon
- ½ Cup walnuts or pecans, roughly chopped
- ½ Cup dried cranberries



Instructions:

1. Preheat the oven to 400° F. Line two large baking sheets with parchment paper or lightly grease them.
2. Add the brussels sprouts, carrots, red onions, olive oil, maple syrup, rosemary, salt, pepper, and cinnamon. Toss well to combine.
3. Spread the veggies evenly over the two prepared baking sheets.
4. Roast for 20 - 25 minutes, stirring halfway through until the veggies are fork-tender and beginning to brown.
5. Sprinkle over the walnuts/pecans and dried cranberries and continue to bake another 5 - 10 minutes until the veggies are cooked and the nuts are lightly roasted.





Pumpkin Pie

Ingredients:

- 1 Store-bought or homemade vegan pie crust
- Pumpkin pie filling**
- 15 Oz canned pumpkin (not pumpkin pie filling)
 - 1 Cup full fat -canned coconut milk, coconut cream, or vegan heavy cream
 - 1 Cup brown sugar (light or dark)
 - 1 ½ Teaspoons ground cinnamon
 - ½ Teaspoon ground nutmeg
 - ½ Teaspoon ground ginger
 - ¼ Teaspoon ground cloves
 - 1 Teaspoon vanilla extract
 - ¾ Teaspoon salt
 - 2 Tablespoons nut butter or alternative seed butter (I prefer almond butter)
 - ¼ Cup potato starch or cornstarch (I prefer potato)



Instructions:

1. Chill Pie crust (prevents browning too quickly)
2. Preheat oven to 350° F.
3. Add all pie filling ingredients to blender or food processor. Mix well scraping sides.
4. Pour mixture into chilled crust. Tap a few times on counter to remove air bubbles.
5. Bake 50-55 minutes until set and slightly pulling away from crust sides. Center should not jiggle when moving.
6. If crust browns too much while cooking, cover with foil so edges won't burn.
7. Let cool completely then cover with plastic wrap or foil
8. Chill at least 3 hours or preferably overnight to completely set filling.
9. When cutting, slice two pieces first, this makes it easier to remove the first slice.
10. Top with dairy free whipped cream if desired when serving.

