

Thanksgiving Dinner



Gardein Plant-based Turkey Roast – found in freezer section of most grocery stores

CORNBREAD DRESSING

Cornbread

Vegetable mix

Mushroom gravy

20-32 oz Vegetable broth

Prepare Cornbread

2 cups of cornmeal

1 tsp of salt

3 ½ tsp of baking powder

1 tbsp of flaxseed mixed with 3 tbsp of water (let sit for 5 minutes)

1 cup of almond milk

1/3 cup of vegan butter

Preheat oven to 350 degrees. Mix cornmeal, salt, and baking powder together. Add flaxseed mix, almond milk and vegan butter. Stir thoroughly and transfer to a round cake pan. Bake for 20-25 minutes. If the top isn't golden brown, broil for another 1-3 minutes keeping a close watch. Remove from oven and cool completely then crumble it.

Mushroom Gravy

2 cups chopped portobello mushrooms

2 tbsp vegan butter

2 tbsp tamari soy sauce

2 cups vegetable broth (¼ cup to be added to cornstarch)

1 tbsp cornstarch (add to ¼ cup of broth and stir until incorporated)

1 tbsp balsamic vinegar

1 tbsp garlic powder

1 tsp onion powder

Himalayan salt to taste

In a saucepan melt vegan butter over medium heat. Add mushrooms and sauté 5-7 minutes and add garlic powder, onion powder, soy sauce, and 1 ¾ cups vegetable broth. Mix cornstarch and broth until incorporated and add to saucepan. Reduce heat to low and allow to simmer and thicken for about 5 minutes.

Prepare vegetable mix

2 tbsp vegan butter

1 chopped green bell pepper

1 chopped red bell pepper

2 chopped celery sticks

1 chopped onion

In a skillet heat vegan butter to sizzle. Add chopped vegetables and sauté until soft.

Combine cornbread crumbles, vegetable mix, mushroom gravy, and vegetable broth. Add Himalayan salt or other spices to taste. Add the mix to a 9x13 lightly greased glass casserole dish. Bake at 350 degrees for 30-45 minutes or until toothpick comes out clean.

MACARONI & CHEESE

- 2 cups of elbow macaroni
- 1 ¼ cup almond milk
- 1 tbsp vegan butter
- 2 bags of vegan cheese
- 1 tbsp of vegan sour cream
- 1 tbsp of mustard
- 1 tbsp Himalayan salt

In a pot bring 4 cups of water to a boil, add Himalayan salt and elbow macaroni and cook for 10-15 minutes until desired consistency. While the elbow macaroni is cooking, add almond milk to a small saucepan. On melt/simmer add vegan butter and 1 bag of vegan cheese. Stir consistently to avoid sticking. Remove from heat once all cheese is melted.

Drain cooked elbow macaroni, rinse and pour into a casserole dish. Add sour cream, mustard and melted vegan cheese to the elbow macaroni. Stir until well mixed. Bake at 350 degrees for 30 minutes. Remove from oven and top with half bag of vegan cheese. Place back in the oven and allow cheese to melt for 5-10 minutes before removing.

COLLARD GREENS

- 1 bag chopped organic collard greens
- 2-4 cups of vegetable broth
- 1 tablespoon of better than bouillon
- 1 tbsp of onion powder
- 1 tbsp garlic powder
- Himalayan salt to taste

In a deep pot add 2 cups of vegetable broth, better than bouillon, onion powder and garlic powder. Stir to mix and taste, add Himalayan salt if desired, then add greens. Let boil lightly on medium low heat for 30-50 minutes, adding more vegetable broth if needed to cook to desired tenderness.

GREEN BEAN CASSEROLE

- 2 bags of frozen green beans

1 tbsp coconut oil
1 tbsp better than bouillon
1 cup mushroom gravy (same as in dressing)
1 tbsp onion powder
1 tbsp garlic powder
Himalayan salt to taste
Vegetable broth as needed
1 container French's crispy fried onion

Preheat oven to 350 degrees. In a skillet heat coconut oil over medium heat. Add green beans, better than bouillon, onion powder, garlic powder and salt. Sauté on medium heat for 5-10 minutes then reduce heat and allow them to simmer until green beans are tender.

Add vegetable broth if needed.

Once green beans are cooked, add them to a square or rectangular casserole dish. Add mushroom gravy. Add Himalayan salt to taste, mix in a handful of crispy fried onions. Spread out and top with the remaining crispy onions. Bake at 350 degrees until crispy onions are browned.

POTATO SALAD

4 potatoes cubed
1 tbsp of Himalayan salt
½ cup of vegan mayonnaise
1-2 tbsp mustard
½ - ¾ cups of pickled relish (add more if desired)

Add cubed potatoes to a deep pot and cover with water. Bring potatoes to a boil and add Himalayan salt. Cook on medium low heat for 15-20 minutes or until a fork can easily puncture the potato. Remove from stove and drain in a strainer. Pour potatoes into a casserole dish and add mayonnaise, mustard and pickled relish.

Thanksgiving Dessert

RED VELVET CAKE



Cake Mix

Flaxseed mix (1 tbsp flaxseed in 3 tbsp of water – let sit 5 minutes)

1 cup of almond milk – room temperature

1 ¼ grapeseed oil

1 tbsp cacao powder

1 tsp Himalayan salt

1 tsp baking soda

1 ½ cups of sugar

2 ½ cups unbleached all-purpose flour

2 tbsp red food coloring

1 teaspoon white distilled vinegar

Whole Pecans to top

Cream Cheese Frosting

16 oz vegan cream cheese

2 sticks vegan butter – softened

1 tsp vanilla extract

4 cups powdered sugar – sifted

Preheat oven to 350 degrees and grease and line the bottom of two 8-inch cake pans with parchment paper to fit the circle. In a mixing bowl sift flour, add sugar, baking soda, salt and cacao powder. In a second mixing bowl, mix flaxseed mixture, oil, almond milk, food coloring, vinegar and vanilla with electric mixer. Add flour mixture to the wet mixture and mix until smooth. Divide batter between the two cake pans. Bake for 30-35 minutes or until toothpick comes out clean. Cool completely before icing.

In a mixing bowl add cream cheese, butter, and vanilla extract mix until smooth. Add powdered sugar and mix on low until mixture is light and fluffy.

With one of the cakes on the cake plate (I like to flip the cakes over so that flat side is up), using a butter knife, spread icing onto the top of the cake, add top layer cake and spread icing over the whole cake.

PUMPKIN BARS



2 cups of unbleached all-purpose flour

3 tsp pumpkin pie spice

1 tsp baking soda

¾ tsp Himalayan salt

1 cup vegan butter – softened

¾ cup of granulated sugar

½ cup light brown sugar – packed

Flaxseed mix (1 tbsp flaxseed in 3 tbsp of water – let sit 5 minutes)

1 ½ tsp vanilla extract

1 cup canned pumpkin

1 ½ cups vegan chocolate chips

Preheat oven to 350 degrees. In mixing bowl, mix flour, pumpkin pie spice, baking soda and salt. In a second bowl mix with an electric mixer the butter and granulated sugar and brown sugar until combined. Mix flaxseed mixture, vanilla and blend in pumpkin. Add flour to the pumpkin mixture. Once flour is mixed, add in chocolate chips all but ½ cup. Butter and line a 9 x13 pan with parchment paper and spread pumpkin mixture. Top with remaining chocolate chips and bake for 30-35 minutes at 350 degrees. Remove from oven when toothpick comes out clean. Once cool, remove by lifting the parchment from the pan. Cut them into squares and store them in an airtight container in refrigerator.

Happy Thanksgiving

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