

CONNOISSEURUS VEG

# VEGAN THANKSGIVING RECIPES



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# MAINS

## ingredients

### For the Chickpea Meatloaf

- 2 (14 ounce or 400 gram) cans chickpeas, (or 3 ⅓ cups cooked chickpeas) drained and rinsed
- 1 medium onion, diced
- 2 medium celery stalks, chopped
- 2 medium carrots, diced
- 2 garlic cloves, minced
- 2 cups panko breadcrumbs
- ½ cup unflavored soy or almond milk
- 3 tablespoons vegan Worcestershire sauce
- 2 tablespoons soy sauce
- 2 tablespoons olive oil (optional)
- 2 tablespoons ground flaxseeds
- 2 tablespoons tomato paste
- 1 teaspoon liquid smoke (optional)
- ¼ teaspoon black pepper

### For the Maple Glaze

- ¼ cup tomato paste
- 2 tablespoons maple syrup
- 2 tablespoons apple cider vinegar
- 1 tablespoon soy sauce or tamari
- 1 teaspoon paprika

# Classic Vegan Meatloaf



8 servings



1 hour 5 minutes

## instructions

1. Preheat the oven to 375°F. Lightly oil a 9-inch loaf pan and arrange a strip of parchment paper width-wise along the center, with just a bit hanging over the sides.
2. Working in batches if needed, place all the meatloaf ingredients except for salt into food processor bowl and pulse until the chickpeas are broken up and the ingredients are well mixed, stopping to scrape down the sides of bowl as needed. Do not overblend. If you're working in batches, transfer each batch to a large mixing bowl when complete and then mix by hand.
3. Taste-test the mixture and season it with salt to taste.
4. Press the mixture into the prepared loaf pan and bake for 30 minutes.
5. While the meatloaf bakes, stir the glaze ingredients together in a small bowl.
6. Remove the loaf from the oven after 30 minutes and spoon glaze over the top of the loaf.
7. Return the loaf to the oven and bake it another 20-25 minutes.
8. Remove the loaf from the oven and allow it to cool at least 10 minutes before cutting. The longer this loaf sits, the firmer and easier to cut it will be – it's a great dish to make a day in advance.



# ingredients

## Roasted Veggies (For the Filling and Sauce)

- 3 pounds butternut squash, diced (½ inch, about 6 cups)
- 1 medium onion, roughly chopped
- 2 tablespoons olive oil

## For the Vegan Ricotta Cheese

- 1 cup raw cashews, soaked in water 4-8 hours and drained
- ½ cup unsweetened non-dairy milk, divided
- 1 small onion, roughly chopped
- 2 garlic cloves
- 7 ounces extra firm tofu, drained (half of a 14 ounce package)
- 1 tablespoon lemon juice
- 1 teaspoon salt, or to taste
- 1 tablespoon chopped fresh sage

## For the Shells

- 6 ounces dried jumbo pasta shells (18 - 20 shells - half of a 12-ounce box)

## For the Sauce

- 1 ½ cups light coconut milk
- ¼ teaspoon ground nutmeg
- ¾ teaspoon salt, or to taste

## For Serving

- Chopped fresh parsley and/or sage, optional

# Butternut Squash Stuffed Shells



6 servings



1 hour 25 minutes

## instructions

### Roast the Veggies

1. Preheat the oven to 400°F.
2. Place the onions and squash on a large baking sheet or in a roasting pan and toss with the olive oil until coated.
3. Roast the squash and onion for about 30 minutes, until tender, flipping about halfway through. Leave the oven on.

### Cook the Shells

1. While the veggies roast, bring a large pot of salted water to a boil. Cook the pasta according to the package directions, then drain them into a colander.

### Make the Vegan Ricotta Cheese

1. Place the cashews, onion, garlic, and ¼ cup of milk into the bowl of a food processor fitted with an s-blade. Blend to a smooth paste, then drizzle in another ¼ cup of milk.
2. Break the tofu into a few chunks and add it to the food processor, along with the lemon juice, salt, and sage. Pulse until the mixture takes on a ricotta-like consistency.
3. Transfer the ricotta to a bowl. When the butternut squash and onion mixture comes out of the oven, gently stir 1 cup of it into the ricotta.

### Make the Sauce

1. Wipe out the food processor bowl and fill it with the remaining butternut squash and onion mixture. Add the coconut milk, nutmeg and salt. Blend until smooth.

### Assemble and Bake the Shells

1. Ladle about ⅔ of the sauce into the bottom of a 9 x 13 inch baking dish.
2. Spoon about 2 tablespoons of the ricotta mixture into each shell, then place the shells into the baking dish.
3. Cover and bake for about 30 minutes, until heated throughout.

### To Serve

1. Warm the remaining sauce up on the stove. You can thin it a bit if you like.
2. Divide the shells onto plates and top with the sauce. Garnish with parsley and sage if you like. Serve.



## ingredients

- 3 tablespoons olive oil, divided
- 10 ounces cremini or button mushrooms, cleaned and sliced
- 1 medium onion, diced
- 1 cup diced carrots, about 2 medium carrots
- 1 cup diced celery, about 2 medium stalks
- 8 ounces seitan, cut into ½ inch pieces
- 3 garlic cloves, minced
- ½ cup all-purpose flour (or whole wheat flour)
- ½ cup dry white wine (Note 1)
- 1 ½ cups vegetable broth
- 1 cup unsweetened soy or almond milk
- 2 tablespoons nutritional yeast flakes
- 1 tablespoon soy sauce
- 1 tablespoon finely chopped fresh rosemary (Note 2)
- 1 tablespoon fresh thyme leaves
- 1 teaspoon rubbed sage
- 1 cup frozen peas, thawed
- Salt and black pepper, to taste
- 2 vegan pie crusts (Notes 3 and 4)

# Vegan Pot Pie



8 servings



2 hours

## instructions

1. Coat the bottom of a large skillet with 2 tablespoons of oil and place it over medium heat.
2. When the oil is hot, add the mushrooms in an even layer and cook them for about 5 minutes, until browned on the bottoms. Flip and cook for about 5 minutes more.
3. Remove the mushrooms from the skillet and transfer them to a plate.
4. Add the remaining tablespoon of oil to the skillet and give it a minute to heat up.
5. Add the onion, carrot and celery. Sweat the vegetables for about 10 minutes, stirring occasionally, just until they begin to soften and onions become translucent.
6. Add the seitan to the skillet, along with any juice the seitan is packaged in. Cook the seitan with the vegetables, stirring frequently, for about 5 minutes, until the pieces begin to brown.
7. Return the mushrooms to the skillet, add the garlic, then sprinkle in the flour. Stir everything up so that the flour coats the ingredients relatively uniformly. Cook the mixture for about 1 minute, stirring constantly, until the garlic becomes very fragrant.
8. Stir in the wine and bring it to a simmer. The liquid should thicken up very quickly. Allow it to cook for about a minute, stirring frequently.
9. Stir in the broth, milk, nutritional yeast, soy sauce, rosemary, thyme and sage. Raise the heat and bring the mixture to a simmer.
10. Lower the heat and allow the mixture to cook at a low simmer for about 10 minutes, stirring occasionally, until the veggies are tender and the sauce has thickened up a bit.
11. Stir in the peas.
12. Remove the pot from heat, taste test and season the mixture with salt and pepper to taste. Adjust any other seasonings as desired.

(Continued on next page.)

# Vegan Pot Pie (Continued)

13. Preheat the oven to 375°F and gather a large (deep 10-inch diameter or larger) pie dish. (Note 5)
14. Use a rolling pin to roll one of the pie crusts so that it's large enough to fully cover the inside of the dish. Drape the crust in the dish and gently press so it conforms to the inside of the dish. Use a fork to poke a few holes in the bottom and sides of the crust.
15. Ladle the filling into the bottom crust inside the pie dish.
16. Roll the second crust so that it's large enough to cover the pie, then drape it over the fillings.
17. Trim any excess crust and pinch the edges of the two crusts together to form a seal. Optionally, crimp the edges with a fork or your fingers. Cut a few slits in the top crust for ventilation.
18. Place the pot pie in the oven on the center rack. Place a baking sheet or dish on the rack below the pie to catch any drips. Bake the pie until crust is golden brown and the filling is bubbly, about 40 minutes. (Note 6)
19. Remove the pie from oven and allow to sit for about 5 minutes before serving.

## Notes

1. The wine can be omitted if you prefer to cook without alcohol. Just skip step 8 of the instructions.
2. The fresh rosemary and thyme can be replaced with dried herbs if you'd like. Cut the amounts down to a teaspoon of each.
3. If using store-bought crusts, make sure to buy the type you can roll, as opposed to preformed pie shells. Wholly Wholesome is a good vegan brand to try.
4. This recipe can be made using a top crust only if you prefer. Ladle the filling directly into your pie dish and press the edges of the crust to the edges of the dish to form a seal. You can get away with using a smaller (9-inch) pie dish if you take this option.
5. A 2-quart casserole dish can also be used.
6. Keep an eye on your pie and cover the edges with foil or a pie shield if they begin to darken too much, which can occur after 20 minutes or so in the oven.



## ingredients

- ½ cup uncooked brown rice
- 1 cup vegetable broth
- 1 teaspoon dried thyme
- ½ teaspoon dried rosemary
- 1 teaspoon rubbed sage
- 2 tablespoons olive oil, divided
- 3 cups diced (½-inch) butternut squash (Note 1)
- 8 ounces diced (½-inch) cremini mushrooms (about 3 cups of mushrooms)
- 1 medium onion, diced
- 2 garlic cloves, minced
- ¼ cup whiskey (Note 2)
- 1 cup chopped pecans
- Salt & pepper, to taste
- ¼ cup all-purpose flour
- 1 sheet (about 9 ounces) frozen puff pastry, thawed (Note 3)
- 1 tablespoon vegan butter, melted

# Vegetable Wellington



6 servings



1 hour 40 minutes

## instructions

1. Place the rice, broth, thyme, sage and rosemary into a small saucepan and set it over high heat.
  2. Bring the liquid to a boil, lower the heat and cover. Allow the rice to simmer for about 40 minutes, until the liquid is fully absorbed.
  3. Remove the pot from heat and allow it to sit with the lid on for at least 5 minutes before uncovering.
  4. While the rice cooks, preheat the oven to 400°F.
  5. Toss the squash with 1 teaspoon of olive oil and toss the mushrooms with 2 teaspoons of oil. Arrange them separately on the baking sheets.
  6. Place the baking sheets into the oven and bake until the squash and mushrooms are tender, about 20 minutes.
  7. Remove the baking sheets from the oven but leave the oven on.
  8. Coat the bottom of a large skillet with the remaining tablespoon of olive oil and place it over medium heat.
  9. When the oil is hot, add the onion. Sweat the onion until soft and translucent, about 5 minutes.
  10. Add the garlic and sauté another minute, until very fragrant.
  11. Lower the heat and carefully add the whiskey (Note 4). Raise the heat back to medium, bring the whiskey to a simmer and simmer for about 2 minutes, until most of the liquid has cooked off.
  12. Add 1 cup of the cooked rice (Note 5), squash, mushrooms and pecans to the skillet. Stir a few times to mix everything up.
  13. Taste-test the mixture at this point (careful, as it will be hot) and season it with salt and pepper to taste.
  14. Sprinkle the flour over the mixture and stir to incorporate. Remove the skillet from the heat.
  15. Line a baking sheet with parchment paper.
  16. Place the puff pastry on a lightly floured surface and roll it to about a 12-inch square. Transfer it to the baking sheet.
- (Continued on next page.)

# Vegetable Wellington (Continued)

- 17 Pile the filling on the puff pastry, forming a long rectangle extending down the center of the puff pastry sheet. Shape the filling with your hands and pack it in. It should seem like a lot, but you can remove some if it's way too much.
18.
  - **Option 1:** Braid the dough. Use a knife to cut approximately 1-inch strips down either side of the rectangle, stopping about a half in from the strip of filling. Starting at the bottom, fold the strips inward at a slight diagonal, over the filling, pinching opposite strips together.
  - **Option 2:** Simply fold the top and bottom ends of the puff pastry over the filling, then wrap the sides overtop to form a log shape, pinching tightly at the seams to form a seal. Poke a few holes in the dough to allow steam to escape.
19. Brush the pastry with the melted butter.
20. Bake the log until golden and puffy, 30-35 minutes.
21. Allow the vegetable Wellington to cool just for a couple minutes, then slice and serve.

## Notes

1. You'll need about 14 ounces or half of a medium butternut squash.
2. The whiskey can be omitted if you prefer to cook without alcohol. Simply skip step 11 of the recipe.
3. Pepperidge Farm brand puff pastry is vegan.
4. Alcohol is flammable, so always be careful when adding it to a hot cooking vessel.
5. You'll probably have some leftover rice. Save it for another use or make a snack of it.



## ingredients

- 9 lasagna noodles (about 8 ounces or half of a one pound box)
- Dash olive oil

### For the Filling

- 1 ½ cups raw cashews, soaked in water 4 to 8 hours, drained and rinsed
- ½ cup unflavored and unsweetened non-dairy milk
- 1 garlic clove
- 2 tablespoons lemon juice
- 1 teaspoon salt, or to taste
- 7 ounces firm tofu, drained and broken into 4 to 5 chunks
- 10 ounces frozen spinach, thawed and squeezed to remove excess water
- Black pepper, to taste

### For the Sauce

- 2 tablespoons vegan butter
- 1 medium onion, diced
- 1 (14 ounce or 400 ml) can full-fat coconut milk
- 1 (15 ounce or 425 g) can pumpkin puree (not pumpkin pie filling)
- 1 teaspoon salt, plus more to taste
- ¼ teaspoon ground nutmeg

### For Serving

- Finely chopped fresh sage (optional)

# Pumpkin Lasagna



8 servings



1 hour 25 minutes

## instructions

1. Bring a large pot of salted water to a boil and cook the noodles according to the package directions, until al dente.
2. Drain the noodles into a colander. Rub each one with a bit of olive oil and arrange them flat on a baking sheet or another flat surface.
3. Make the ricotta while the noodles cook. Place the cashews, milk, garlic, lemon juice and salt into the bowl of a food processor fitted with an s-blade. Blend until relatively smooth.
4. Add the tofu and spinach, then pulse the machine until the ingredients are well combined but the mixture is still chunky.
5. Season the mixture with additional salt and pepper to taste, if desired.
6. To make the sauce, first melt the butter in a medium skillet over medium heat. Add the diced onion.
7. Sweat the onion for about 5 minutes, until the pieces soften and begin to brown a bit.
8. Stir in the coconut milk, pumpkin, salt and nutmeg. Raise the heat and bring the sauce to a boil, then lower the heat and allow it to simmer for 5 minutes, stirring occasionally.
9. Preheat the oven to 400°F.
10. Ladle about a third of the sauce into the bottom of a 9 x 13 inch baking pan. Top the sauce with a layer of three noodles, followed by half of the ricotta, followed by another three noodles, followed by another third of the sauce, followed by the remaining ricotta, followed by the remaining three noodles, then the last third of the sauce.
11. Bake the lasagna, covered, for 30 minutes. Uncover and continue baking it for another 10 minutes, until the sauce begins to bubble and darken at the edges.
12. Take the lasagna out of the oven and let it sit for 10 minutes.
13. Cut the lasagna into squares and serve. Optionally, garnish each piece with a sprinkle of fresh sage.



## ingredients

### For the Lentil Base

- 1 tablespoon olive oil
- 1 small onion, diced
- 1 leek, white and light green parts only, cleaned and chopped
- 2 medium carrots, diced
- 2 garlic cloves, minced
- ½ cup whiskey
- 1 tablespoon fresh thyme leaves, or 1 teaspoon dried
- 2 ½ cups vegetable broth
- 1 cup dried brown lentils
- 1           tablespoon           vegan Worcestershire sauce
- 1 teaspoon red wine vinegar
- ½   teaspoon   liquid   smoke (optional)
- ½ cup frozen peas, thawed
- Salt and pepper to taste

### For the Garlic Mashed Potatoes

- 1 ½ pounds russet potatoes, peeled and cut into 1 to 2 inch chunks
- ½ cup unflavored non-dairy milk, plus more as needed
- 3 garlic cloves, minced
- 2 tablespoons vegan butter (olive oil works too)
- Salt and pepper to taste

# Vegan Shepherd's Pie



6 servings



1 hour 20 minutes

## instructions

### Make the Lentil Base

1. Coat the bottom of a medium saucepan with olive oil and place over medium heat. When the oil is hot, add the onion, leek, carrots, and garlic. Sweat the veggies until onions are softened, about 5 minutes.
2. Stir in the whiskey and thyme. Raise the heat and bring the liquid to a simmer. Continue simmering until most of the whisky has evaporated, about 3 minutes, stirring occasionally.
3. Stir in vegetable broth and lentils, then raise the heat and bring the liquid back to a simmer.
4. Lower the heat and allow the mixture to simmer, uncovered, until the lentils are tender but not mushy, about 25-30 minutes. Stir the pot occasionally and add a bit of water if it reduces too much.
5. Remove the pot from heat and drain any excess liquid when done cooking.
6. Stir in the Worcestershire sauce, vinegar, liquid smoke and peas. Season with salt and pepper to taste.

### Make the Mashed Potatoes

1. While the lentils simmer, place potatoes into a large pot and cover them with water. Place the pot over high heat and bring the water to a boil. Lower the heat and boil the potatoes until fork tender, about 15 to 20 minutes. Do not overcook the potatoes.
2. Remove the pot from heat and drain the potatoes into a colander.
3. Return the potatoes to the pot and mash them with a potato masher. Stir in the milk, garlic and butter. You can add more milk if needed to reach your desired consistency, but you want to keep the potatoes relatively thick. Season with salt and pepper to taste.

### Make the Shepherd's Pie

1. Preheat the oven to 400°F. Transfer the lentil mixture to an 8 inch by 8 inch baking dish or deep dish 9-inch pie plate. Gently press down into a uniform layer with a spoon or spatula.
2. Top the lentil mixture with mashed potatoes, smoothing them out all the way to the edges to create a seal.
3. Bake the pie until brown spots form on top, about 30 minutes.
4. Remove it from the oven and allow it to sit for 10 minutes before serving.



# SIDES

## ingredients

- 3 pounds sweet potatoes (about 3 large sweet potatoes), peeled and cut into 1-inch pieces
- $\frac{3}{4}$  cup unflavored and unsweetened non-dairy milk
- $\frac{1}{4}$  cup organic brown sugar
- 2 tablespoons maple syrup
- $\frac{1}{4}$  cup vegan butter
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon ground nutmeg
- $\frac{1}{4}$  teaspoon ground cloves
- $\frac{1}{2}$  teaspoon salt

### For the Topping

- $\frac{1}{2}$  cup all-purpose flour
- $\frac{1}{2}$  cup rolled oats
- 1 cup pecan halves
- $\frac{1}{4}$  cup organic brown sugar
- $\frac{1}{3}$  cup vegan butter, melted
- 2 tablespoons maple syrup
- $\frac{1}{4}$  teaspoon salt

# Sweet Potato Casserole



10 servings



1 hour

## instructions

1. Place the sweet potatoes into a large pot and cover them with water.
2. Place the pot over high heat and bring the water to a boil.
3. Boil the sweet potatoes until tender, for about 10 to 12 minutes.
4. Drain the sweet potatoes into a colander and then return them to the pot.
5. Use a potato masher (or an electric mixer, if you prefer) to mash the sweet potatoes.
6. Add the milk, brown sugar, maple syrup, butter, vanilla, cinnamon, nutmeg, cloves, and salt. Mash everything again until smooth and well mixed.
7. Preheat the oven to 350°F.
8. Stir the topping ingredients together in a medium bowl.
9. Transfer the sweet potato mixture to a 2-quart casserole dish, smoothing out the top with a spoon.
10. Sprinkle the topping over the sweet potatoes.
11. Place the dish into the oven and bake until the topping is lightly browned and the sweet potatoes begin to bubble, about 30 minutes. Keep an eye on it while it bakes. If the topping begins to darken too much at any point you can cover the casserole dish.
12. Remove the dish from the oven and allow it to sit for about 10 minutes before serving.



## ingredients

- 1 pound fresh green beans, cut into 2-inch pieces (about 5 cups of beans)
- 3 tablespoons vegan butter, divided
- 12 ounces white button mushrooms, cleaned and sliced
- 1 medium onion, diced
- 2 garlic cloves, minced
- ½ cup dry white wine
- ¼ cup all-purpose flour
- 2 cups unflavored and unsweetened non-dairy milk
- ½ cup full-fat coconut milk
- 2 vegetable bouillon cubes, crushed (Note 1)
- 1 teaspoon dried thyme
- 
- Salt and pepper, to taste
- 1 cup French fried onions (or more, if desired)

# Green Bean Casserole



8 servings



1 hour 10 minutes

## instructions

1. Bring a large pot of salted water to a boil. Add the beans and boil them for about 5 minutes, until bright green and tender-crisp. Drain the beans into a colander then rinse them well with cold water, until they feel cool. Set the beans aside.
2. Preheat the oven to 350°F. (Note 2)
3. Melt 2 tablespoons of vegan butter in a large skillet over medium heat. Add the mushrooms to the skillet in a single layer (Note 3). Cook the mushrooms for about 5 minutes on each side, until tender and browned, and then transfer them to a plate.
4. While the mushrooms cook, melt the remaining tablespoon of butter in a medium pot (Note 4). Add the onion and cook it for about 5 minutes, stirring occasionally, until it becomes soft and translucent.
5. Add the garlic and cook for about 1 minute more, until very fragrant.
6. Stir in the wine, raise the heat slightly and bring it to a simmer. Allow the wine to simmer for about 5 minutes, until reduced by about half.
7. Sprinkle in the flour, a bit at a time, stirring between each addition to form a paste that coats the onions.
8. Begin pouring in the non-dairy milk, a bit at a time, followed by the coconut milk, whisking the milk and flour mixture together between each addition.
9. Add the cooked mushrooms to the pot, and stir in the bouillon cubes and thyme. Raise the heat and bring the liquid to a simmer, then cook, stirring occasionally, until the sauce thickens slightly, about 7 minutes.
10. Remove the pot from heat. Season the sauce with salt and pepper to taste.
11. Arrange the green beans in a 2 quart casserole dish, then pour the mushroom mixture over the beans. You can stir it up a bit if needed to distribute the ingredients.
12. Place the baking dish into the oven and bake the casserole until the sauce is bubbly, about 15 minutes.
13. Arrange the fried onions over the casserole and continue baking for about 5 minutes more, until they darken slightly.
14. When the casserole has finished baking, remove it from the oven and let it sit for about 5 minutes before serving.

### Notes

1. Make sure you only use as much bouillon as you'd normally use to make 2 cups of broth.
2. You can cook the casserole at a temperature as low as 325°F or as high as 400°F if you have other dishes cooking in there. Just keep a close eye on it, as the cook time will likely need to be modified a bit as well.
3. Cook the mushrooms in batches if needed.
4. Optionally, you could use an oven-proof skillet for this portion of the recipe, then instead of transferring everything to a baking dish in step 14, simply add the cooked green beans and bake the casserole right in the skillet.



## ingredients

- 1 pound sourdough bread, cut or torn into 1-inch pieces
- ½ cup vegan butter
- 1 ½ cups diced celery (about 5 ribs)
- 1 cup diced onion (about 1 medium onion)
- 3 garlic cloves, minced
- ½ cup dry white wine
- 2 tablespoons chopped fresh rosemary
- 2 tablespoons fresh thyme leaves
- 1 tablespoon chopped fresh sage
- 1 cup vegetable broth, plus more as needed
- ½ cup chilled water
- 2 tablespoons cornstarch
- Salt and pepper to taste

# Vegan Stuffing



8 servings



1 hour 20 minutes

## instructions

1. Preheat the oven to 200°F (or the lowest temperature your oven allows)\*.
2. Arrange the bread pieces on a couple of baking sheets. Place the baking sheets into the oven and bake until the bread pieces feel somewhat dried out on their surfaces, 15-20 minutes.
3. While the bread is in the oven, place a medium skillet (oven-safe, if available) over medium heat. Melt the butter in the skillet and let it heat up for a minute. Add the celery and onion to the skillet and cook them, stirring occasionally, until soft, about 10 minutes.
4. Add the garlic to the skillet and cook for 1 minute more, until very fragrant.
5. Add the wine, rosemary, thyme, and sage to the skillet. Raise the heat and bring the wine to a simmer. Allow the wine to cook until reduced by about half, about 4 minutes.
6. Stir in 1 cup of broth. Bring it to a simmer. Lower the heat and allow the broth to simmer for 5 minutes, stirring occasionally.
7. While the broth simmers, stir the water and cornstarch together in a small bowl.
8. Add the cornstarch mixture to the broth and continue to let it simmer until it thickens up a bit, about 1 to 2 minutes. Remove the skillet from the heat.
9. Remove the bread from the oven when it's finished drying out, and raise the heat to 350°F.
10. If you used an oven-safe skillet to cook the vegan butter mixture, add the bread directly to the skillet. Otherwise, place the bread in a medium (2 to 3 quart) baking dish, and add the onion and celery mixture.
11. Gently stir the bread and butter mixtures together until the bread is evenly coated. You can add up to an additional ½ cup of broth if necessary, but be careful to avoid oversaturating the bread.
12. Taste-test and season the stuffing with salt and pepper to taste.
13. Cover the skillet or dish and bake for 20 minutes.
14. Uncover and bake for about 20 minutes more, until dried out on top and slightly crisp around the edges.
15. Remove from the oven and serve.

### Note

\*You could alternatively cut your bread up a day or two in advance so that it dries out, then skip steps 1 to 3 of the recipe.



## ingredients

- 3 pounds russet potatoes, peeled and cut into 1 to 2 inch pieces
- ½ cup full-fat coconut milk
- 5 tablespoons vegan butter
- ½ cup unflavored and unsweetened non-dairy milk (such as almond, soy or cashew), or as needed
- 1 teaspoon salt, or to taste
- Black pepper, to taste

# Vegan Mashed Potatoes



6 servings



35 minutes

## instructions

1. Place the potatoes into a colander and rinse them with cold water for about 30 seconds.
2. Place the potatoes into a large pot and cover them with cold water.
3. Place the pot over high heat and bring the water to a boil. Lower the heat and allow the potatoes to boil until easily pierced with a fork, about 15 minutes. Don't overcook the potatoes.
4. While the potatoes cook, combine the coconut milk and butter in a small container. Warm it up in the microwave (or alternatively in a small pot on the stove), just until the butter melts.
5. Place the other non-dairy milk in a separate container and heat it until warm to the touch.
6. Once the potatoes are done boiling, drain them into a colander and rinse them with warm water for about 30 seconds.
7. Return the potatoes to the pot.
8. Use a potato masher to mash the potatoes just until fully broken up.
9. Pour in the coconut milk mixture and continue mashing. Slowly begin adding the other non-dairy milk, adding just as much as needed for the potatoes to reach your desired consistency.
10. Season the potatoes with salt and pepper to taste.



## ingredients

- ¼ cup vegan butter
- 1 medium onion, diced
- ¼ cup all-purpose flour, or more as needed
- 3 cups low sodium vegetable broth
- 2 tablespoons soy sauce
- 1           tablespoon           vegan Worcestershire sauce
- 1 teaspoon poultry seasoning
- Salt and pepper, to taste

# Vegan Gravy



4 servings



30 minutes

## instructions

1. Place the vegan butter into a medium saucepan and set it over medium heat.
2. When the butter has melted and begins to bubble, add the onion.
3. Sweat the onion for about 10 minutes, stirring occasionally, until soft and translucent.
4. Begin whisking in the flour, a bit at a time, to form a thick paste coating the onions.
5. Slowly whisk in the broth, a bit at a time, then the soy sauce, Worcestershire sauce, and poultry seasoning.
6. Whisk until smooth, raise the heat and bring the mixture to a simmer. Lower heat and allow to simmer for 10-15 minutes, until nicely thickened.
7. Add water if you'd like a thinner gravy. If you'd like a thicker gravy, ladle out some of the gravy into a small bowl or cup and whisk in a bit of flour to form a slurry, then whisk the slurry into the pot.
8. Taste test and season with salt and pepper to taste. Adjust any other seasonings to your liking. Serve.



## ingredients

- 12 ounces fresh cranberries
- ½ cup water
- ½ cup orange juice
- ¾ cup organic brown sugar
- ¼ teaspoon ground cloves
- 1 teaspoon orange zest
- Pinch salt

# Vegan Cranberry Sauce



8 servings



15 minutes

## instructions

1. Place the cranberries, water, orange juice, brown sugar, and cloves into a medium saucepan and stir to combine.
2. Place the saucepan over medium heat. Bring the liquid to a boil, stirring occasionally.
3. Lower the heat so that the liquid is just at a simmer. Allow the mixture to cook for about 10 minutes, stirring occasionally, until most of the berries have burst.
4. Remove the pot from heat and stir in the orange zest and salt.
5. Let the mixture cool until it is just warm, 20 to 30 minutes, then transfer it to an airtight container and chill for at least 2 hours.
6. Serve.



## ingredients

- 1 cup unflavored non-dairy milk
- ⅓ cup vegetable oil (or your favorite baking oil)
- ¼ cup maple syrup
- 2 tablespoons ground flaxseed
- 1 ¼ cup all-purpose flour
- 1 cup yellow cornmeal
- ⅓ cup organic granulated sugar
- 4 teaspoons baking powder
- ¾ teaspoon salt

# Vegan Cornbread



12 servings



30 minutes

## instructions

1. Preheat the oven to 425°F.
2. Lightly oil a 9 x 9 inch baking dish.
3. In a small bowl or liquid measuring cup, stir together the milk, oil, maple syrup, and flaxseed.
4. In a large mixing bowl, whisk together the flour, cornmeal, sugar, baking powder, and salt.
5. Use a spoon to form a well in the center of the flour mixture, then pour in the milk mixture.
6. Stir the ingredients together just until fully blended.
7. Pour the batter into the prepared baking dish.
8. Bake until lightly browned on top and a toothpick inserted into the center comes out clean, about 20 minutes.
9. Transfer the pan to a cooling rack and allow it to cool for a bit before slicing and serving.



# DESSERT

## ingredients

- 1 vegan pie crust
- 1 (15 ounce) can pumpkin puree
- ⅓ cup organic brown sugar
- ⅓ cup organic white sugar
- ¾ cup full-fat coconut milk
- ¼ cup cornstarch
- 2 ½ teaspoons pumpkin pie spice
- 1 teaspoon vanilla extract
- ½ teaspoon salt

# Vegan Pumpkin Pie



8 servings



1 hour

## instructions

1. Preheat the oven to 400°F.
2. If you're not using a premade crust, roll out your dough and drape it into a 9-inch pie pan. Press it into the pan, trim the excess, and crimp the edges if desired.
3. Use a knife to poke a few holes in the bottom and sides of the pie crust.
4. Line the inside of the crust with a sheet of parchment paper, then fill it with pie weights, dried beans, or rice.
5. Place the crust into the oven and bake it for 15 minutes.
6. While the crust bakes, place the pumpkin, brown sugar, white sugar, coconut milk, cornstarch, pumpkin pie spice, vanilla and salt into a large mixing bowl.
7. Use an electric mixer to beat the mixture until fully blended, smooth and creamy, about 2 minutes. (Note 1)
8. When the crust has finished baking, pour the pumpkin mixture into it and smooth out the top with a spatula.
9. Place the pie into the oven and turn the temperature down to 350°F.
10. Bake the pie until the center is just set, about 50 minutes. The center will still be a bit wobbly. (Note 2)
11. Remove the pie from the oven and allow it to cool completely before cutting (at least 4 hours).
12. Serve with whipped coconut cream or dairy-free whipped topping.



## ingredients

- 1 vegan pie crust
- 8 ounces silken tofu
- $\frac{3}{4}$  cup unsweetened non-dairy milk
- $\frac{1}{4}$  cup cornstarch
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  teaspoon salt
- $\frac{3}{4}$  cup maple syrup
- $\frac{1}{2}$  cup organic brown sugar
- $\frac{1}{3}$  cup vegan butter
- 2  $\frac{1}{4}$  cups pecan halves

# Vegan Pecan Pie



8 servings



1 hour 10 minutes

## instructions

1. Preheat the oven to 350°F.
2. Gently press your pie crust inside of a deep 9-inch pie pan\* and poke a few holes in the bottom with a fork. Line the bottom with foil or parchment paper and fill it with pie weights, dried rice, or beans.
3. Bake the crust for 15 minutes then remove it from the oven and place it on a cooling rack.
4. While the crust bakes, place the tofu, milk, cornstarch, cinnamon, vanilla, and salt into a blender or food processor bowl fitted with an s-blade. Blend until smooth.
5. Place the maple syrup, brown sugar, and butter into a medium pot and set it over medium heat.
6. Heat the mixture, stirring frequently, until the butter and sugar melts and the mixture comes to a simmer.
7. Lower the heat and allow the mixture to simmer for about 10 minutes, until it's very bubbly and glossy.
8. Stir the tofu mixture into the pot. Bring it back to a simmer and let it cook for about 1 minute.
9. Roughly chop 2 cups of the pecans and use them to fill the pie crust. Arrange the whole remaining pecans on top. Pour the maple syrup mixture over the pecans and into the pie crust. The crust should be very full.
10. Place the pie into the oven. Place a rimmed baking sheet or large baking dish on the lower rack to catch any drips.
11. Bake the pie for 40 minutes. The filling should be bubbly and still pretty gooey when it's done.
12. Place the pie on a cooling rack and let it cool completely. The filling will continue to set as it does.
13. Slice and top with vegan vanilla ice cream or whipped cream. Serve.

### Notes

\*If you use a smaller pie pan you'll probably have a bit too much filling. Scale back as needed.



## ingredients

- 2  $\frac{3}{4}$  cups all-purpose flour
- 2 teaspoons baking soda
- 2  $\frac{1}{2}$  teaspoons ground cinnamon
- 1 teaspoon ground ginger
- $\frac{1}{2}$  teaspoon ground cloves
- $\frac{1}{2}$  teaspoon allspice
- $\frac{1}{4}$  teaspoon nutmeg
- $\frac{3}{4}$  teaspoon salt
- 2 cups unsweetened applesauce
- 1 cup organic granulated sugar
- $\frac{3}{4}$  cup organic brown sugar
- $\frac{2}{3}$  cup vegetable oil
- 2 teaspoons vanilla extract
- 1  $\frac{1}{2}$  cups chopped walnuts

### For the Maple Glaze

- $\frac{1}{4}$  cup maple syrup
- 3 tablespoons vegan butter, melted
- 1 cup organic powdered sugar

# Applesauce Cake



12 servings



1 hour 5 minutes

## instructions

1. Preheat the oven to 350°F.
2. Grease and flour the inside of a 10-inch bundt pan.
3. Whisk the flour, baking soda, cinnamon, ginger, cloves, allspice, nutmeg, and salt together in a large mixing bowl.
4. Place the applesauce, sugar, brown sugar, oil and vanilla into a separate large mixing bowl. Use an electric mixer at high speed to beat the ingredients together for about thirty seconds, until combined. You may find that the oil separates out when you stop the mixer, and this is fine.
5. Using the mixer at low speed, begin beating the dry ingredient mixture into the wet ingredients, adding about a third at a time and fully beating in each addition before adding more.
6. Fold the walnuts into the batter.
7. Pour the batter into the prepared cake pan.
8. Bake the cake for 50 to 55 minutes, until a toothpick inserted into the cake comes out clean.
9. Remove the cake from the oven, and immediately use a knife to gently loosen the sides of the cake from the pan. Leave the cake in the pan and place it on a cooling rack. Let the cake cool completely.
10. Once the cake is cool, stir the glaze ingredients together in a small bowl. The glaze should be runny. If it seems too thin, add some more powdered sugar. If it seems too thick, add some maple syrup or water.
11. Run a knife along the sides of the cake again, then invert the cake onto a plate (Note 1).
12. Drizzle the glaze over the cake.
13. Slice and serve.

### Note

1. If the cake is stubborn and doesn't want to come out of the pan, just keep working it with the knife, going around and around the inside and outside edges. When you really begin to feel the cake loosen, try inverting it again. You can give the pan a tap with your hands to try and force the cake out.



## ingredients

### For the Graham Cracker Crust

- 2 cups vegan graham cracker crumbs (Note 1)
- ½ cup melted vegan butter
- ¼ cup organic granulated sugar
- 1 teaspoon ground cinnamon

### For the Batter

- 2 cups raw cashews, soaked in water 4 to 8 hours, drained and rinsed
- 1 cup canned pumpkin puree
- ⅔ cup melted refined coconut oil (Note 2)
- ⅔ cup maple syrup
- 1 ½ tablespoons pumpkin pie spice
- 1 tablespoon lemon juice
- 2 teaspoons vanilla extract
- 1 teaspoon salt

# Vegan Pumpkin Cheesecake



10 servings



28 minutes

## instructions

1. Preheat the oven to 400°F.
2. Stir the graham cracker crumbs, butter, sugar and cinnamon together in a large mixing bowl.
3. Press the mixture into the bottom and about 1 inch up the sides of an 8-inch springform pan. (Note 3)
4. Place the pan into the oven and bake the crust until it darkens slightly, 8 to 10 minutes.
5. Remove the crust from the oven and place it on a cooling rack.
6. While the crust cools, place all of the batter ingredients into a high powered blender or the bowl of a food processor fitted with an s-blade. Blend until smooth.
7. Transfer the batter to the crust (it's okay if it hasn't completely cooled) and smooth out the top with a spatula.
8. Place the cheesecake into the fridge and allow it to chill until set. (Note 4)
9. Once the cheesecake has set, you can slice and serve it, or transfer it to an airtight container and store it in the refrigerator until ready to serve.

### Notes

1. You can crush your graham crackers by blending them in a food processor, or placing them in a sealed bag and rolling them with a rolling pin.
2. Unrefined coconut oil will work fine, but will give your vegan pumpkin cheesecake a slight coconut flavor.
3. A slightly larger springform pan (such as 9 inches) can be used and will give you a slightly shorter cheesecake. If you use a smaller pan you won't have quite enough space for all of the batter. (Find something creative to do with any extra. Try using it as a dip for fresh fruit!)
4. You can speed up the setting process by placing the cheesecake in the freezer, just be careful and check on it frequently to prevent it from freezing solid.

