



Vegan THANKSGIVING

CHICKENLESS NOODLES

1 package egg-free noodles – cooked per package directions
2 tbsp. unbleached, all-purpose flour
2 cups rice milk
1 tbsp vegan butter
1/4 cup diced celery
2 cubes no-chick'n broth bouillon cube
black pepper

Melt butter in large skillet and add diced celery. Cook celery until tender and it becomes almost transparent.

In a shaker bottle, add 1 tbsp. flour and one cup of rice milk and shake until well combined and lump free. Add to mixture to skillet with celery. Add the 2nd tbsp of flour and the 2nd cup of milk to the shaker and shake until well combined and lump free. Add mixture to skillet. Stir to combine.

Add 1 not-chick'n bouillon cube. Cook over med-high heat, stirring occasionally to keep lump-free, until thickened.

Toss with cooked egg-free noodles and add remaining bouillon cube. Mix on low heat until bouillon is completely melted and mixed thoroughly. Pepper to taste.

Note: The bouillon has plenty of salt so there is no need to salt these noodles.

Optional add-ins: peas, sauteed carrots, chickpeas

BROCCOLI QUINOA CASSEROLE WITH STUFFING

2 tbsp. vegan butter, I like Earth Balance Original
4 cups non-dairy milk, I like Rice Dream Original
4 heaping tbsp white flour
2 Edward & Sons Not Chick'n Bouillon Cubes
1 lb frozen broccoli florets (or cuts)
1/2 cup quinoa rinsed
6-8 servings prepared stuffing – I use Pepperidge Farms Herb Seasoned Cubed Stuffing
1 large carrot, diced
1 rib celery, finely diced

Pre-heat oven to 375 degrees.

Steamed carrots and celery in a covered steamer basket on top of a boiling pot of water and steam for approximately 15-20 minutes until they're tender. You could also water saute them in a pan.

Meanwhile, in a large saucepan, add the 2 tablespoons of butter. Melt over medium-high heat. In a shaker bottle or jar with tight sealing lid, add 1 heaping tablespoon of the flour and 1 cup of non-dairy milk. Shake well leaving no lumps. Add to saucepan with melted butter. Do this with the remaining flour and milk – adding it to shaker bottle 1 tablespoon of flour and 1 cup of vegan milk at a time and adding it to saucepan. Add 2 bouillon cubes. Cook over medium-high heat stir semi-frequently so it doesn't form lumps while it's thickening. Bring to boil and cook for approximately 15 minutes to thicken.

While the gravy is cooking, spray a 9x13 pan with non-stick spray. Add frozen broccoli and 1/2 cup rinsed quinoa. Once gravy is slightly thickened, pour over broccoli and quinoa. Add diced carrots and celery and stir to evenly combine.

Place in oven on 375 for 1 hour or until most of gravy is absorbed and broccoli and quinoa are done.

Meanwhile, prepare stuffing according to package directions. Be careful when purchasing stuffing. Most stuffing is NOT vegan. The only stuffing I've found that is vegan is Pepperidge Farms Herbed Stuffing. Or, you could make your own. I follow the instructions to make 1/2 package – 6 to 8 servings.

After 1 hour of baking, remove casserole from oven and top evenly with stuffing. Place back in oven for approximately 20-25 minutes to brown the stuffing on top, being careful not to over cook.

CORN CASSEROLE

- 1 – 15 1/4 ounce can of whole kernel corn
- 1 – 14 3/4 ounce can of cream style corn
- 1 box of Jiffy Vegetarian Corn Muffin Mix
- 1 cup of vegan sour cream, I like Follow Your Heart's
- 1/2 cup of melted vegan butter, melted (not pictured), I like Earth Balance

Pre-heat oven to 350 degrees. Spray 9×13 casserole dish with non-stick spray. Add all ingredients to large bowl and mix to evenly combine. Pour into prepared casserole dish and cook for 50-55 minutes or until golden brown.

OVEN ROASTED VEGGIE STUFFING WITH VEGAN SAUSAGE

- 2 sweet potatoes, cubed
- 4 carrots, peeled and cubed
- 1/2 head of cauliflower, chopped
- 1/2 teaspoon sage
- 1/2 teaspoon thyme
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 2 Fieldroast Smoked Apple Sausages, sliced into bite size pieces
- 4 tbsp Veganaise
- 1 cup water

Pre-heat oven to 425 degrees. Throw chopped veggies, cubed sweet potatoes, and vegan sausages into bowl. Add spices. Add water and veganaise in a jar, cover and shake to mix well. Pour over veggies and spices and mix well. Spread veggies and sauce evenly over baking sheet and cover with foil. Bake in oven for 30-45 minutes or until veggies, especially potatoes are fork tender. Remove foil and broil for up to 5 minutes to give them a little bit of a crisp. Be careful not to burn.

GREEN BEAN CASSEROLE

2 tbsp vegan butter
2 tbsp All purpose flour
4 cups rice milk
1 ½ cups chopped mushrooms
1 clove garlic, minced
4T. onion, minced
1\2 tsp garlic powder
1\2 tsp onion powder
¼ tsp salt
¼ tsp pepper
3 cans Cut Green Beans, drained
1 can Vegan French Fried Onions

Put butter in a 2qt. saucepan and allow to melt over medium heat. Then add minced onion and garlic, and mushrooms. Cook until mushrooms are cooked and onions become translucent, stirring frequently.

Sprinkle in the flour and stir with a wooden spoon until all flour is incorporated. Cook this stirring constantly for approximately 2 minutes. This will start to change color slightly and get rid of the raw flour taste. Then, whisk in 1 cup of the rice milk. Be sure to whisk briskly to ensure all of the flour mixture(roux) becomes incorporated into the milk. Then add the remaining rice milk and seasonings.

Allow this mixture to cook over medium-low heat until it thickens, approximately 15 minutes. (At this point you could stop and enjoy some cream of mushroom soup.)

While the "soup" thickens preheat your oven to 350 degrees. Place the drained green beans in a 9x13 casserole dish. When the "soup" has reached its thickness, pour the mixture over the green beans. Cover the casserole dish with foil and bake in the preheated oven for 20 minutes.

After 20 minutes remove foil and top with french fried onions, put it back in the oven for about 5-10 minutes, watch it so it doesn't burn! Remove from the oven and allow the casserole to cool a bit then enjoy!

VEGAN PUMPKIN PIE

15 oz. can pumpkin

14 oz. can of coconut milk (fat only - refrigerate the night before to separate the fat, discard liquid at the bottom)

3/4 cup sugar

2 heaping tbsp cornstarch mixed in 4 tbsp. water

1 tsp. cinnamon

1/2 tsp. salt

1/2 tsp. ginger powder

1/4 tsp. Ground clove

1 vegan pie crust

Preheat oven to 425 degrees.

In a large bowl, combine all ingredients except pie crust. Pour in unbaked pie crust and bake for 40 minutes until set. Allow to set at least 1 hour before serving.

HAPPY THANKSGIVING!