

Perfect Pumpkin Pie

9" unbaked pastry crust

Filling:

2 cups solid-pack canned pumpkin

1 cup vanilla soymilk

3/4 cup brown sugar

1/4 cup cornstarch

1 Tbs. molasses

1 tsp. vanilla

2 tsp. pumpkin pie spice

1/2 tsp. salt

1/4 tsp. ground allspice

1. In a blender, combine filling ingredients.
2. Pour filling into the pastry crust.
3. Bake at 350 degrees for 40 minutes; cover edges with foil and bake another 20 minutes.
4. Cool and refrigerate overnight before serving.

Apple Tart Pie

2 pastry crusts for 9" pie

6- 8 tart apples, such as Granny Smith

1 Tbs. lemon juice

3/4 cup sugar

2 Tbs. flour

1 Tbs. cinnamon

1/4 tsp. nutmeg

1/8 tsp. salt

2 Tbs. margarine

1. Line bottom of pan with one-half of rolled pastry.
2. Wash, quarter, core, pare and thinly slice the apples, and mix with the lemon juice.
3. Combine the sugar, flour, cinnamon, nutmeg and salt and add to the apple slices.
4. Fill the pastry shell with the apple mixture. Dot evenly with the margarine.
5. Cover apples with remaining half of pastry and bake at 450 F. for 10 minutes. Reduce heat to 350 F. and bake about 40 minutes. Serve warm.

Recipes for a Gentle Thanksgiving



Cook with Compassion!

www.GentleThanksgiving.org
888-FARM-USA

Sensational Sweet Potato Bake

3-4 sweet potatoes or yams, pre-cooked
1/3 cup orange juice
dash salt
1 tsp. ginger powder
1/4 cup flour
1/2 cup pecans, chopped
1/3 cup brown sugar
2 Tbs. margarine
1/2 tsp. cinnamon
dash nutmeg (optional)

1. Peel sweet potatoes and mash together with orange juice, ginger powder and salt. Spoon into casserole dish or deep baking pan.
2. In a separate bowl, mix together the flour, pecans, sugar and margarine until well combined.
3. Spoon pecan mixture over the sweet potatoes.
4. Sprinkle the top with cinnamon and nutmeg.
5. Bake for 20-25 minutes at 350 degrees.

Cranberry Sauce

3/4 cup sugar
2/3 cup water
1/3 cup orange juice
1/2 cup crushed pineapple
4 cups (1 12-oz package) fresh or frozen cranberries
1 Tbs. cinnamon
1 Tbs. nutmeg
orange zest (shavings of orange peel - optional)
1/2 cup pecans, chopped (optional)

1. In a saucepan bring to a boil water, orange juice, and sugar, stirring to dissolve sugar.
2. Add cranberries and pineapple; return to a boil.
3. Reduce heat, simmer for 10 mins or until berries burst.
4. Add orange zest, cinnamon, nutmeg, and pecans.
5. Remove from heat; cool completely at room temperature.
6. Chill in refrigerator for a few hours. Cranberry sauce will thicken as it cools.

Holiday Recipes for the Compassionate Cook:

Easy Veggie Stuffing

1 Tbs. olive oil
1 Tbs. toasted sesame oil
1 large onion, chopped
1 cup fresh mushrooms, chopped
1 cup celery and tops, chopped
3/4 lb. bread or cornbread cubes (or both)
1 ½ cup vegetable broth
½ tsp. each of sage, thyme, and savory
1 Tbs. fresh parsley, chopped
salt and pepper (to taste)

1. Sauté onion, mushrooms, and celery in a large pan with olive oil until softened; add some broth if necessary to keep from sticking.
2. Remove from heat, add remaining ingredients, and mix well (bread should be moist).
3. Grease a casserole dish with sesame oil, pack in the stuffing, and brush with more oil.
4. Cover with foil and bake at 350 degrees for 45 minutes; remove foil and bake 15 more minutes until top is crisp.

Lentil Loaf

2 cups red lentils, cooked until soft & drained
1 can of red kidney beans, drained & mashed
1 medium onion, finely chopped
3 cloves garlic, crushed & chopped
1 cup fresh mushrooms, chopped
3 Tbs. ketchup
2 Tbs. soy sauce
1 bunch fresh parsley, chopped
fresh green chilies, chopped (to taste - optional)
1 cup vegetable stock
salt & pepper (to taste)

1. Mix all ingredients in a bowl, using just enough veggies stock to bind together; season with salt & pepper.
2. Place in a lightly oiled baking dish and bake at 375 F. degrees until golden brown.

Turkey-Free Pot Pie

2 pastry crusts for 9" pie
mushroom gravy (see recipe below)
1 Tbs. dairy-free margarine, melted

Filling:

2 cups red potatoes, chopped & cooked
1 cup carrots, chopped
1 cup celery, chopped
6 oz. fresh mushrooms, sliced
1 large onion, chopped
1 ½ cup peas, frozen
1 pkg Morningstar Chik'n Strips* (or extra firm tofu, diced)
salt & pepper (to taste)

1. Form bottom crust in a 9" round pan.
2. Layer filling ingredients and cover with gravy.
3. Top with crust, sealing edges securely.
4. Brush top of pie with melted margarine; cut 4-5 vent slits in the top of the pie.
5. Bake at 400 F. for 45-65 mins until crust is golden brown.

* Morningstar Meal Starter Chik'n Strips are available in the frozen foods section of most grocery stores.

Mushroom Gravy

¾ cup fresh mushrooms, chopped into small pieces
1 medium onion, finely diced
¼ cup margarine (preferably Earth Balance)
¼ cup flour
3 cups vegetable stock
1 tsp. salt
1 tsp. pepper
2 tsp. 'poultry' seasoning (a blend of sage, thyme, marjoram)

1. Melt margarine in a saucepan over medium heat; sauté mushrooms & onion lightly; add flour and stir constantly with a wooden spoon until frothy. Don't let it burn!
2. While stirring, slowly add vegetable stock to achieve desired consistency; add spices.
3. Cook over medium heat to a boil, stirring constantly; after it comes to a boil, turn heat down and let thicken.

Garlic & Chive Mashed Potatoes

7 baking potatoes
water (to boil potatoes)
2 cups vegetable broth
1 cup chives, chopped
5 cloves garlic, roasted
3 Tbs. dairy-free margarine
2 Tbs. of rosemary
salt & pepper (to taste)

1. Place potatoes in a large pot and cover with water; add about 3 tsp. of salt.
2. Bring to a boil and cook for 15-20 minutes or until potatoes are soft; drain and transfer to a large bowl.
3. Add roasted garlic, margarine, and 1 cup vegetable broth; mash or blend, adding more broth for desired consistency.
4. Add chives, rosemary, and salt and pepper to taste.

Green Bean Casserole

1 can French cut green beans
1 ½ canisters vegan French fried onions
1 ½ cups plain soymilk
1 cube veggie bouillon
2-3 Tbs. corn starch, mixed with 2-3 Tbs. cold water
½ medium onion, diced
1 carrot, diced
¾ cup chopped mushrooms
1-2 Tbs. vegetable oil
½ tsp. each of salt, pepper, basil, oregano, & sage

1. Heat (do not boil) soymilk and bouillon in a saucepan, stirring until bouillon cube disintegrates.
2. Sauté onions, carrots, and mushrooms in oil in a skillet; add salt, pepper, and herbs and spices.
3. Combine corn starch and water and add to soymilk/bouillon. Stir well and quickly add green beans, veggies, and about half of the fried onions; stir well.
4. Pour into a casserole dish and top with remaining fried onions and bake at 350 degrees for 10-15 minutes.

Tasty Turkey-Alternatives:

Think you'll be missing out if you eliminate turkey from your Thanksgiving dinner? Guess again! Here are a few of the best alternatives on the market:

Tofurky - The Tofurky Roast, brought to you by Turtle Island Foods, is a pre-cooked vegan feast. Made from a revolutionary tofu-wheat protein blend, Tofurky is known for its incredible, turkey-like texture and flavor. Enhanced with flavorfully moist stuffing, Tofurky will far exceed your expectations. Tofurky is available at Whole Foods, Safeway, Trader Joe's and most natural foods markets in your area. For product details, visit www.Tofurky.com.

Celebration Roast - Field Roast has created a delicious vegan stuffed entrée that is perfect for the holidays and at any celebratory meal. Each roast is made by hand, wrapped in a cotton netting, and simmered to perfection. A tasty delicacy, it is complete with a stuffing made with butternut squash, apples, and mushrooms. Look for it at Whole Foods, Wild Oats and check with your local natural food distributor. Visit www.FieldRoast.com for more information.

Veggie Turkey Breast - Garden Protein International brings to the table the Veggie Turkey Breast with Wild Rice and Cranberry Stuffing. Bursting with healthful ingredients, including several vital minerals and five essential B vitamins, it's made with pure canola oil, so it contains no trans fat. Garden Protein's Veggie Turkey Breast is available at the [Whole Foods Market](#) deli along with vegan versions of all the traditional side dishes. Visit www.GardenProtein.com for manufacturer details.

Butternut Squash & Couscous

1 Tbs. olive oil
1 medium yellow onion, diced
2-3 cloves of garlic, minced
1 Tbs. fresh ginger, minced
1 Tbs. fresh nutmeg, grated
2 cups butternut squash, peeled & diced
3/4 cup golden raisins
1/2 tsp. salt
1 box of couscous
2-3 Tbs. fresh parsley, chopped
3-4 cups water

1. In a large saucepan, heat the oil over medium heat; add onion, garlic, and ginger and cook, stirring, for 4 minutes.
2. Add the raisins and cook, stirring for 2 minutes. Stir in the water, squash, and salt and simmer over high heat.
3. Reduce the heat to medium-low and cook, stirring occasionally, until the squash is tender (about 25 minutes)
4. Stir in the couscous, parsley, and nutmeg and cover.
5. Remove from heat and wait 10-12 minutes before serving.

Sweet Potato & Corn Hash

1 ½ cup sweet potatoes, chopped
1 medium onion, chopped
1 cup white corn, frozen
1 cup yellow corn, frozen
2 Tbs. olive oil
2 tsp. salt
1 tsp. pepper
1 Tbs. sugar

1. In a saucepan, sauté sweet potatoes and onions in olive oil with salt, pepper, and sugar.
2. Add frozen corn and sauté until tender.

Don't forget dessert! More recipes on back...