

## **Vegetarian Thanksgiving feast**

Thanksgiving is traditionally a time for foods like turkey, ham, and meatballs. However, many people follow a vegetarian diet. Here are some great vegetarian recipes for your next Thanksgiving dinner!

### **Appetizers**

#### **Pumpkin Soup**

4 cups cooked pumpkin  
1/4 cup butter  
1 medium onion, finely chopped  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 1/2 cups vegetarian soup stock

*Melt the butter in a large saucepan. Gently add the onion, salt and pepper and cook over medium heat until the onion is soft and browned. This will take around 30 minutes. Add the cooked pumpkin, then gently stir in the vegetable stock. Bring to a rolling boil, then lower the heat and simmer covered for 45 minutes. To thicken the soup, simmer uncovered for ten minutes and allow to stand before serving.*

#### **Classic Crudités**

Carrot sticks  
Celery sticks  
Broccoli florets  
Cauliflower florets  
Sliced green and red pepper  
Lowfat ranch dip

*This is a very simple appetizer to make. Simply arrange the sliced veggies on a serving platter in an attractive arrangement and place the bowl of dip in the middle. You don't need to make a homemade dip, most any store bought vegetable dip will be perfect!*

### **Entrees**

#### **Roast Stuffing**

3 cups bread crumbs  
2 tablespoons butter  
1/2 cup diced onion  
1 cup chopped celery  
pinch of thyme  
pinch of marjoram  
pinch of sage

pinch of parsley  
two tablespoons oil  
5 cloves garlic  
3 cups cashews  
1 cup veggie soup stock  
2 cups bread  
2 tablespoons lemon juice

*Preheat oven to 350 degrees.*

*Cook the onion and garlic in the oil until soft. Chop cashews and bread into small pieces. Add the cashews and bread to the onion and garlic mixture, then add the veggie soup stock, lemon juice, salt and pepper. Place approximately half of this mixture into a loaf pan. Combine the remaining ingredients, then place on top of the bottom layer in the loaf pan. Top with the remaining first mixture so that there are three layers. Place the loaf pan on a cookie sheet in case it boils over, and bake in the preheated oven for 45 minutes until the top is brown.*

## **Tofu "Turkey"**

1 pound firm tofu  
3/4 cup water  
3 tablespoons soy sauce  
3 tablespoons yeast  
1/2 teaspoon poultry seasoning  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 cup whole wheat flour  
1/4 cup cornmeal  
1/4 cup yeast flakes  
salt and pepper to taste

*Slice the tofu into 1/2 inch thick pieces and place in a large bowl. In a separate bowl, combine water, soy sauce, yeast and spices. Whisk well then pour over tofu. Marinate overnight. When you're ready to cook the tofu, roll each slice in a mixture of yeast flakes and cornmeal until coated. Bake in a 400 degree oven for 15 minutes or until nice and brown.*

## **Side Dishes**

Here, you can basically enjoy any vegetable dishes of your choice. Here's a great recipe for flavorful green beans.

### **Flavorful Green Beans**

1 pound fresh green beans  
2 tablespoons lemon juice  
1 tablespoon olive oil

1/2 cup slivered almonds  
1/4 cup dried cranberries

*Simply boil the fresh beans in a pot of boiling water for about 30 minutes or until cooked to your desired consistency. Drain, then gently mix in the lemon juice and olive oil. Toss the almonds and cranberries in, and serve!*

## **Desserts**

### **Fruit Salad Ambrosia Style**

1 grapefruit  
1 navel orange  
2 cups green grapes, cut in half  
1/4 shredded coconut

*Cut grapefruit, orange and grapes into bite sized pieces. Toss with coconut. Make variations of this simple recipe by adding your favorite fruits or tossing in some colorful berries.*

### **Easy Pumpkin Frappe**

1 cup canned pumpkin  
1 teaspoon cinnamon  
1/8 teaspoon nutmeg  
3/4 cup apple juice from concentrate  
1/4 cup soy milk  
2 scoops vanilla soy powder  
4 ice cubes

*Blend all ingredients in a blender at high speed until well mixed and frothy. Garnish with cinnamon and even whipped cream, if desired.*

## **Vegetarian Thanksgiving Dishes Ideas & Menu:**

### **Appetizers/Starters:**

- Savour plate of sliced vegetables and fruits.
- Sweet potato soup made with corn, peppers, and caramelized onions.
- An elegant soup prepared from wild rice and cranberries decorated with sherry.
- Pumpkin soup laced with apple slices and a dollop of crème fraiche.
- Crudites: Typically, a plate of crudités is made up of one or more types of raw vegetables which are served with one or more dips. In place of a salad, serve this as an appetizer, at a buffet.
- Squash Soup: It has taste similarity with beef stew and has notably thick consistency although it contains no cream or eggs.

- French Onion Soup: Traditionally, it is prepared with beef broth. This vegetarian soup is so flavorful and meat-eaters will never know the difference.

### **Side Dishes:**

- Cranberry-studded wild rice pilaf
- Red Cabbage with Cranberries as a sweet-and-sour side dish
- Stuffed sweet potatoes which are sweet and buttery
- Balsamic roasted Brussels sprouts
- Coconut curried sweet potatoes
- Roasted winter vegetables with rosemary, garlic and olive oil
- Mushroom Sauce: To thicken this vegan mushroom sauce into mushroom gravy, you can add another ¼ cup of flour.
- Mashed Potatoes: Mashed potatoes are quick and easy to prepare. For all types of variations like vegan mashed potatoes and garlic mashed potatoes, they act as a great base.

### **Main Dishes:**

- Spanakopita: It is a Greece vegetarian recipe having rich & delicious spinach-cheese pie.
- Sweet Potato Gratin: It is healthy main course made by layering of sweet potatoes with black beans, rice, and spinach.
- Potato and Bell Pepper Gratin with Pepper Jack Cheese: It is a spiced variety which melts beautifully. Add this gratin for just enough start and receive praises from guests.
- Vegetarian Stuffed Peppers: This vegetarian recipe is made up of green peppers with stuffing of a mixture of brown rice, nuts, dried cranberries, tofu and cheese. To make a vegan delight, you can use Parmesan as a substitute of soy cheese.
- Vegetarian lasagna: Basically, it is prepared with layers of flat noodles, vegetables, cheese, and sometimes meat. Many delicious variations can be carried out in lasagna with vegetables and mozzarella and ricotta cheese. Mushroom lasagna, mushroom goat cheese lasagna, spinach lasagna, and zucchini lasagna are other variations of it.
- Shepherd's Pie: A simple yet delicious lambless version of the real thing. Prepare it with mashed potatoes and mixed vegetables. Other substitutes for filling are mushrooms, bell peppers, carrots, corn, spinach, zucchini or green beans. Boost the protein content with filling of Lentils or tofu.

### **Desserts:**

- Vegan pumpkin custard
- Pumpkin pie parfaits with gingersnap cookie crumble topping
- Cranberry-Nut Bread: Sweet-tart bread for dessert, tea, or breakfast
- Vegan pumpkin pie: The classic pumpkin pie recipe prepared by using tofu as a binder instead of eggs.
- Cranberry Pear Crumble: A classic fruit crumble, prepared with pears and cranberries and also apples.
- Sweet Potato Pie: You can consume it as a dessert after Thanksgiving dinner. It is sweet but not too sweet.
- Apple Cinnamon Crisp: A quick and easy recipe for apple crisp topped with cereal.