

Compassionate Thanksgiving

All ingredients are preferred to be organic, but in some areas of the country, that may not be a possible, so use what is available.

Appetizers

Spicy White Bean Spread (makes 1 ½ cups) Prep. Time: 10 minutes

Adapted from *The McDougall Program for Healthy Heart*-John A. McDougall M.D. Recipe by Mary McDougall, p. 307

- ✓ 1 15 ounce can cannellini beans, drained and rinsed
- ✓ 1/2 cup chopped fresh parsley
- ✓ 1/2 cup chopped fresh cilantro
- ✓ 1/4 cup chopped green onions
- ✓ 1 clove garlic, crushed
- ✓ 1 tbsp. lemon juice
- ✓ 1/2 tsp. chili powder
- ✓ 1/2 tsp. ground cumin
- ✓ 1/4 tsp. ground coriander
- ✓ Several twists of freshly ground pepper

Place all ingredients in a food processor and process until smooth. Refrigerate for 1 hour before serving. Serve with pita bread slices, or fat free tortillas chips, or vegan crackers. Also makes a great dip for an assorted vegetable plate.

Or

Cucumber Dip (makes 1 ½ cups) Prep. Time: 10 minutes

Adapted from *The New McDougall Cookbook*---John A. McDougall, M.D. and Mary M. McDougall, p. 118

- ✓ 1 cucumber
- ✓ 1 cup plain soy yogurt
- ✓ . white pepper or to taste
- ✓ 3 to 4 cloves garlic, crushed
- ✓ 1/4 tsp

1. Peel the cucumber and cut it in half lengthwise. Scoop out and discard the seeds; coarsely chop the cucumber. Pulse it in a food processor and chop very fine.
2. Remove from the cucumber from the food processor and place it in a very fine strainer. Press out as much water as possible.
3. Return the cucumber to the food processor or blender and add the remaining ingredients. Process until fairly smooth. Add more garlic and/or white pepper to taste. Refrigerate for several hours before using for the best flavor. Serve with raw vegetables.

Vegan Stuffing

Vegan Bread Stuffing (6 servings) Prep. Time: 15 minutes Cooking Time: 30 to 40 minutes—Adapted from the *Best of Silver Hills Cookbook*

- ✓ 3 cups whole wheat bread, cubed and slightly toasted
- ✓ 1 1/2 tsp. sage
- ✓ 2 tbsp. vegan chicken seasoning (McKays Vegan Chicken Style Seasoning, if possible)
- ✓ 1 tbsp nutritional yeast
- ✓ 2/3 cup raw cashews or walnuts
- ✓ 2/3 cup water
- ✓ 1/2 tsp sea salt
- ✓ 1/2 diced celery
- ✓ 1/2 diced raw onion
- ✓ 1 tsp olive oil

1. Mix bread cubes, sage 1 tbsp chicken style seasoning and the nutritional yeast together in a large bowl.
2. Pour cashews or walnuts, salt, and 1tbsp chicken style seasoning into a blender.
3. Add water and blend until very smooth.
4. Add olive oil to a fry pan and sauté celery and onion pieces until soft.
5. Add blended mixture to pan with sautéed celery and onions and bring liquid to a boil.
6. Pour liquid over bread cubes, Mix thoroughly.
7. Preheat oven to 350 degrees.
8. Place bread cubes in an oiled 8X* inch casserole dish and bake for 30 to 40 minutes.

Homemade Tofu Turkey with Stuffing

Ingredients for the Tofu Turkey

- ✓ 5 blocks fire or extra firm tofu, well pressed
- ✓ 2 tbsp fresh chopped sage
- ✓ 1 tsp fresh thyme, minced
- ✓ 1 tsp fresh rosemary, minced
- ✓ 1 tsp vegetable broth powder
- ✓ 2 tbsp poultry seasoning (McKays vegan Chicken Style Seasoning, if possible)
- ✓ 1/4 cup balsamic vinegar
- ✓ 1/3 cup red wine
- ✓ 2 tsp Dijon mustard
- ✓ 2 tsp low sodium soy sauce

- ✓ approximately 2 cups prepared vegetarian stuffing
1. Working in batches as needed, process the tofu in a blender or food processor until smooth and creamy.
 2. Add tofu to a large mixing bowl, and stir in the fresh chopped sage, thyme, rosemary and vegetable broth powder and the poultry seasoning, stirring well to combine.
 3. Line a colander with cheesecloth or a thin towel. Place the tofu in the colander, and layer of cheesecloth or a thin towel on top. Place a weight on top of the towel to gently press the tofu. Place on a plate or towel and chill for at least 3 hours.
 4. Once the tofu is chilled and firm, scoop out the tofu in the middle, creating a hole or a well, and leaving about 1 ½ inches of a tofu “shell” in the colander.
 5. Gently pat your stuffing into the “well,” then gently press the extra tofu on top to close the “well.” Next, carefully place your tofu turkey onto a lightly greased baking sheet.
 6. Whisk together the balsamic vinegar, red wine, Dijon mustard and soy sauce, and baste or brush the tofu generously.
 7. Bake for approximately 90 minutes at 350 degrees, basting again every 15 minutes.

Note: If you are going to insert the stuffing into the Tofu Turkey, it is not necessary to pre cook the dressing, just stuff the Tofu Turkey with the dressing and let it cook as directed.

Vegetables

Green Bean Special (6 servings) Preparation Time: 20 minutes Cooking Time: 20 minutes—*The McDougall Health-Supporting Cookbook, Volume 2, p. 120*

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| ✓ 1 1/2 lbs green beans | ✓ 1 tomato, chopped |
| ✓ 1 onion, thinly sliced | ✓ 2 tsp. low sodium soy sauce |
| ✓ 1 tsp. turmeric | ✓ 2 tsp. lemon juice |
| ✓ 1 clove garlic, pressed | ✓ 2 dashes Tabasco sauce |
| ✓ 1 tsp. grated fresh gingerroot | |

1. Clean green beans and cut or slice as desired. Cook in boiling water for 15 minutes. Drain the beans. Rinse them under cool water. Drain and then set aside.
2. Cook the onion in ¼ cup water until soft. Add the turmeric. Cook and stir for a minute. Then add the garlic, gingerroot, tomatoes, soy sauce, Tabasco, and lemon juice. Cook over low heat about 10 minutes. Add the beans. Mix well. Cook an additional 5 minutes. Sprinkle with coriander before serving.

Or

Ginger Carrots (4 servings) Preparation Time: 10 minutes Cooking Time: 15 minutes--*The McDougall Health-Supporting Cookbook, Volume 2*, p. 115

- ✓ 5 large carrots (organic preferred) sliced
- ✓ 1/2 piece of gingerroot, grated
- ✓ 1/2 orange (organic preferred) rind, grated
- ✓ 1 tbsp. maple syrup or molasses for sweetness

Cook the carrots in 1/2 cup of water until tender (about 15 minutes) Add ginger, orange rind, and honey or maple syrup. Stir well. Serve hot.

Salad

Organic Mixed Salad (6 servings)

- ✓ 2 cups mixed greens
- ✓ 8 -10 Cherry Tomatoes cut in halves
- ✓ 1 carrot shredded
- ✓ 1 avocado sliced
- ✓ 1 small can olives sliced
- ✓ 3-5 radishes sliced or chopped
- ✓ 1 bunch small scallions sliced
- ✓ 1 cucumber sliced or diced
- ✓ 1 handful of sprouts (your choice) I like the spicy sprouts
- ✓ Add other sliced, dices or cubed vegetables to your taste.

Mix all ingredients in a large mixing bowl. Cover and chill. Add your choice of salad dressing prior to serving and toss or have several dressing available of guests to add to their liking.

Potatoes

Garlic Mashed Potatoes (6 servings) Adapted from-- *How it all Vegan! Irresistible Recipes for an Animal-Free Diet*, p. 94

- ✓ 4-5 medium potatoes, roughly chopped
- ✓ 1 medium onion, chopped
- ✓ 4 cloves garlic, minced
- ✓ 2 tbsp. olive oil
- ✓ ½ cup soy milk
- ✓ 2 tbsp. flax seed oil
- ✓ 2 tbsp. Braggs
- ✓ Pepper (to taste)

In a large pot of water, boil the potatoes until they can be pierced easily with a fork. In a medium saucepan, sauté the onions and garlic in the olive oil on medium heat until the onion becomes translucent. Lower the heat and simmer for 5 to 10 minutes. Set aside. When potatoes are ready, drain and place them in a large bowl. Mash potatoes together with milk, flax oil, Braggs, and pepper. Stir in the garlic and onion mixture and mix together well.

Vegan Brown Gravy (makes 2 cups) Prep time: 10 minutes Cooking Time: 5 minutes-Adapted from *The New McDougall Cookbook*---John A. McDougall, M.D. and Mary M. McDougall, p. 334

- ✓ 2 cups warm water
- ✓ 1 tbsp. raw cashew pieces, rinsed
- ✓ 1 tbsp. onion powder
- ✓ 2 tbsp. cornstarch or arrowroot
- ✓ 3 tbsp. soy low sodium sauce
- ✓ 2 to 3 cloves of garlic, pressed or 1/2 tsp. garlic powder
- 1/8 tsp. freshly ground black pepper
- ✓ 1 to 1 1/2 tbsp .parsley flakes (optional)

1. Place ½ cup warm water and all of the ingredients except the parsley in a blender or food processor and blend until smooth and creamy.
2. When creamy, add 1 ½ cups more warm water, and blend. Pour into a saucepan and cook over medium heat, stirring constantly, until thick, about five minutes. Add the parsley flakes for color and cooking, if desired.

Dessert

Vegan Pie Crust

- ✓ 1 1/2 cups whole wheat pastry flour
- ✓ 1/4 cup canola oil
- ✓ 1/4 tsp. sea salt
- ✓ 4-8 tbsp. Soymilk, cold

1. Preheat the oven to 400 degrees F. Set aside a 9" pie plate or dish. In a mixing bowl, sift together the flour and salt. Cut in the oil, drizzling bit by bit and stirring with a fork until all the oil is added and the flour resembles a coarse meal. Sprinkle the soy milk over the flour, 2 tablespoons at a time and mix with your hands until you form a solid dough. Be careful not to overwork the dough or to add too much liquid. It should have a drier texture, not moist or soggy.
2. Form the dough into a ball and set on a piece of wax or parchment paper. Place another piece of paper on top and roll out the dough into a circle 1-2 inches wider than the pie plate. Remove the top paper and carefully transfer the crust to the plate. Smooth out the sides, trim off extra dough, and crimp the edges of the crust. Poke all over with a fork before placing in the oven. Cook for 12-15 minutes, until the crust is golden brown. Let cool before pouring in the pumpkin pie mix

Perfect Pumpkin Pie with Vegan Whipped Cream Topping —From *How it all Vegan! Irresistible Recipes for an Animal-Free Diet*, p. 142

- ✓ 1 1/2 cups soy milk
- ✓ Egg replacer (equal to 2 eggs)
- ✓ 1 16 oz can of pumpkin
- ✓ 1/2 sweetener
- ✓ 1 tsp. cinnamon
- ✓ 1/2 tsp. powdered ginger

Preheat oven to 350 degrees (F). In a large bowl, whisk together the milk and the egg replacer. Add the pumpkin, sweetener, cinnamon, and ginger, and mix together well. Pour into a pie crust and bake for 30-40 minutes, until center is firm.

Vegan Tofu Whipped Cream Topping (makes 1 cup) —From *How it all Vegan! Irresistible Recipes for an Animal-Free Diet*, p. 151

- ✓ 1 1/2 cup soft tofu
- ✓ 2 tsp. vanilla
- ✓ 2-4 tbsp. sweetener
- ✓ 2 tsp. cornstarch

In a blender for food processor, blend all the ingredients well. Chill for 1 hour before using.

Or

Vegan Soy Milk Whipped Cream Topping (makes 1/4 cup) —From *How it all Vegan! Irresistible Recipes for an Animal-Free Diet*, p. 151

- ✓ ¼ cup soy milk
- ✓ 2-4 tbsp. sweetener
- ✓ 12 tsp. vanilla
- ✓
- ✓ 1 tsp. cornstarch
- ✓ ½ cup oil

In a blender or food processor, blend together the milk, sweetener, vanilla, and cornstarch. Slowly drizzle in the oil while the blender or food processor is running. Blend until smooth and creamy. Chill for 1 hour before using.

Enjoy this compassionate Thanksgiving Dinner with your family, friends, and companion animals.