



Plant Based Gal

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# Thanksgiving Dinner

Plant-Based Recipes

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# Plant-Based Thanksgiving Dinner

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# Waldorf Salad

*A Thanksgiving tradition at our house. This plant-based version uses vegan mayonnaise or yogurt with a touch of maple syrup for the dressing.*

6-8 Servings

## Ingredients:

- 3 large red apples, pared and chopped
- 3 stalks celery, sliced
- 2 cup grapes (any variety), halved\*
- 3/4 cup vegan mayonnaise or vegan yogurt
- 1/2 tsp curry powder
- 1/2 cup chopped pecans or walnuts†
- 1 tbsp 100% pure maple syrup (optional)

## Instructions:

Combine apples, celery, grapes, and nuts in a large mixing bowl, stir to combine.

Mix vegan mayonnaise and curry powder in a separate bowl.

Pour mayo mixture into fruit mixture and stir gently to combine.

Chill for several hours.

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## Other varieties:

\*substitute 1 cup raisins for grapes

†substitute shelled raw, sunflower seeds for the nuts





## Edamame Salad

*A healthy, oil-free version of the tasty deli salad. A nice addition to your Thanksgiving table.*

4-6 Servings

### Ingredients:

- 1 cup shelled edamame beans (you can buy them on the frozen section)
- 1 can black beans drained & rinsed
- 1 can garbanzo beans drained & rinsed
- 1 whole yellow bell pepper ,chopped
- 1 whole green bell pepper, chopped
- 1 whole red bell pepper, chopped
- 1 small red onion, diced
- 1 cup corn if frozen, thaw
- 2 tbsp white vinegar
- 2 tbsp maple syrup, 100% pure
- salt and pepper, optional

### Instructions:

Mix all and refrigerate for several hours.

Refrigerate several hours or overnight for blended flavor





## Curried Pumpkin Red Lentil Soup

*This curried soup smells delicious while it's cooking and tastes so good. It can be made on the stove top or in a crock-pot.*

6 Servings

### Ingredients:

1 large onion, chopped  
2-3 cloves garlic, minced  
1 can pumpkin puree 100% pumpkin  
3 carrots, diced  
2 cups dry red lentils  
1 tbsp curry powder or more to taste  
1 tbsp garam or sambar masala adjust for level of spice you prefer  
8 cups vegetable broth  
salt & pepper to taste  
1 can lite coconut milk (1 2/3 cups) \*see notes  
raw pepitas (pumpkin seeds) optional

### Instructions:

Chop one large onion and mince 2-3 cloves of garlic. Saute in large soup pot until translucent. Add water or veggie broth if necessary to prevent sticking.

Stir in pumpkin puree, carrots, red lentils and spices. Mix well to combine.

Pour in 8 cups of vegetable broth and stir well.

Bring to boil, then turn burner down and simmer for 20-30 minutes until the lentils are soft. Stir occasionally to keep lentils from sticking.

Add coconut milk or almond milk (see notes)

Sprinkle with raw pepitas.

\*For a lower-fat version use 1 1/2 cups almond milk and 1 tsp. coconut extract in place of the coconut milk.

This recipe can also be made in a crock-pot. Combine all ingredients and cook at a low setting for 6 hours. Add milk right before you serve the soup.





## Blueberry Cranberry Sauce

*Homemade cranberry sauce tastes so much better than the stuff from a can. The added blueberries make this version extra special.*

Yield: 3 cups

### Ingredients:

- 1 cup fresh or frozen blueberries
- 3/4 cup fresh orange juice (2 large oranges)
- 2 cups fresh cranberries
- 1 tbsp orange peel, grated
- 3/4 cup turbinado sugar (white sugar can be substituted)
- 1 tsp cinnamon

### Instructions:

Combine all ingredients in a medium saucepan over medium heat.

Cook for about 15-20 minutes until the sugar dissolves and the cranberries start popping open.

Remove from heat, cover and chill.

The cranberry sauce will thicken as it cools.





## Cornbread

*Hot, homemade cornbread fresh out of the oven, smells and tastes so good. No eggs or oil are used in this plant-based version.*

9 servings

### Ingredients:

1 cup yellow cornmeal  
1 cup whole wheat flour  
2 tbsp sugar  
4 tsp baking powder  
1/2 tsp salt  
1 cup almond milk  
1/4 cup applesauce  
4 tbsp 100% pure maple syrup\*

### Instructions:

Preheat oven to 425°F

Lightly oil or spray a 8-inch square baking pan.

In a mixing bowl, combine all dry ingredients (cornmeal, flour, sugar, baking powder and salt).

Add the almond milk, applesauce and maple syrup and stir well to combine. Don't overmix. Let batter sit for 5 minutes.

Pour batter into the greased pan. Bake for 20-25 minutes until lightly browned.

Cool slightly before cutting into squares.

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\*Optional: 3 tbsp maple syrup and 1 tbsp molasses in place of the 4 tbsp maple syrup.





## Mashed Potatoes

*Mashed potatoes don't need butter and milk to taste creamy and delicious. This plant-based recipe can be prepared in an electric pressure cooker or on the stove top.*

8 servings

### Ingredients:

8 red potatoes (scrubbed and peeled)  
1 1/2 cups vegetable broth  
1/4-1/2 cups soy milk (or other plant milk)  
salt and pepper

### Instructions:

Cut scrubbed and peeled potatoes into 1-1 1/2 inch chunks and place in electric pressure cooker pot.

Pour vegetable broth over the potatoes.

Seal pot and set pressure to high (15 psi) for 7 minutes.

Let the steam release naturally. Remove lid and mash potatoes with a potato masher.

Stir in optional soy milk, season to taste with salt and pepper.

Serve topped with Mushroom Gravy (page 7).

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### For stove top method:

Place potatoes in large cooking pot. Cover with water and bring to a boil. Let simmer 20-30 minutes until potatoes are tender. Drain. Place potatoes back in pot to mash. Add vegetable broth a little at a time until desired consistency. Stir in soy milk, salt and pepper.







## Mushroom Gravy

*A delicious, rich gravy that tastes so satisfying your guests won't even realize it's a plant-based recipe! Serve over potatoes, rice or pasta.*

Yield: 3 cups

### Ingredients:

- 1 small onion chopped
- 1 tbsp water or veg broth
- 12 ounces crimini or white mushrooms, sliced
- 4 tsp Bragg Liquid Aminos (substitute tamari or soy sauce)
- 1/4 cup flour (oat, whole wheat, etc.)
- 2-3 tbsp nutritional yeast
- 1/2 tsp garlic powder
- 1/2 tsp rosemary
- 1/2 tsp sage rubbed
- 1 tsp parsley chopped
- dash cayenne pepper optional
- 1 cup veggie broth
- 1 1/2 cups water

### Instructions:

Brown onion in 1 tbsp water or veggie broth until soft. Adding more water as necessary to keep it from sticking.

Add the sliced mushrooms and cook until they release their liquid. Stir in the Bragg Aminos and simmer.

In a small non-stick skillet, brown the flour, nutritional yeast, spices and herbs (except the parsley) stirring constantly so it doesn't burn.

Add flour mixture to onion and mushrooms and combine.

Stir in veggie broth and water, adding a little at a time until the gravy is lump-free. Heat thoroughly. Sprinkle with chopped parsley and serve.





## Cheezy Sauce

*This flavorful and savory sauce is delicious over potatoes, rice or pasta. The nutritional yeast gives it the cheezy flavor - yum!*

### Ingredients:

1/2 head cauliflower or use 1 lb. cauliflower rice steamed  
2 medium carrots, chopped steamed until soft  
1 1/2 cups water  
1/2 cup almond milk (plain) or other nut milk  
2 tbsp lemon juice  
2 tbsp tahini  
1 tbsp Bragg aminos  
1/2-3/4 cup nutritional yeast  
1/2 cup rolled oats  
1/2 tsp turmeric  
2 tsp garlic powder  
1 tsp paprika  
salt and pepper to taste

### Instructions:

Steam the cauliflower and carrots until soft.

Place all ingredients into a blender and blend until really smooth.

Serve as a topping for potatoes, rice or pasta.





## Mashed Sweet Potatoes

*These mashed yams are naturally sweet and can be made ahead and reheated at dinnertime.*

### Ingredients:

Yams or Sweet Potatoes\* (1 medium potato for every 2 people)  
1-2 tbsp 100% Pure Maple Syrup (optional)<sup>+</sup>  
Almond milk (optional)

### Instructions:

Preheat oven to 400°F.

Scrub yams or sweet potatoes and poke each several times with a fork or paring knife to allow steam to escape during cooking.

Place potatoes on middle rack in oven and bake for 40-60 minutes until they feel soft and you can easily pierce the skin with a knife.

Once they are cool enough to handle, slice in half lengthwise and scoop them into a bowl.

Mash with a potato masher adding optional maple syrup and almond milk. Season with salt and pepper if you'd like.

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\* There are many varieties of sweet potatoes and yams. It's fun to experiment to find which type you like the best. Purple sweet potatoes are very sweet, but might be a weird color for Thanksgiving dinner. :)

<sup>+</sup> I don't usually add any maple syrup as I find them sweet enough. But, some people prefer a slightly sweeter taste.





## Green Bean Casserole

*This plant-based, healthier version is just as tasty as the traditional favorite. The crispy onions are not fat-free, but are a yummy addition for special occasions.*

6-8 servings

### Ingredients:

- 2 tbsp broth or white wine
- 1 large onion, diced
- 2 garlic cloves, minced
- 1 lb (2 1/2 cups) mushrooms (your favorite variety), chopped
- 1/4 cup dry white wine
- 1/4 cup vegetable broth
- 1 1/2 lbs fresh green beans, cut into 1" pieces (thawed frozen beans can be used)
- 1/4 cup whole wheat flour
- 1/4 cup nutritional yeast
- 1 1/2 cups plain soy or oat milk
- 1 tbsp Bragg aminos (or soy sauce)
- salt and pepper
- Crispy fried onion topping (check label for plant-based)

### Instructions:

Preheat oven to 350°F.

Sauté onion using the broth or wine in a medium skillet until softened, about 5 minutes. Add the garlic and the mushrooms. Cook and stir until the mushrooms are tender and start to release their juices, about 5 minutes more.

Add white wine (or water) and veggie broth, green beans, and Bragg aminos. Bring to boil, cover and simmer 10-15 minutes until beans are tender, but still crisp.

Pour the soy milk into a separate bowl. Combine the flour and nutritional yeast and slowly whisk into the plant milk until smooth. Pour milk mixture into the skillet with the green beans and mushrooms. Bring to a slow boil until sauce thickens, stirring constantly. Add salt and pepper to taste.

Pour the green beans to a 2-quart (8x8) casserole dish, cover and bake for 20 minutes.

Remove from oven and stir. Sprinkle with crispy fried onions and place uncovered dish back in oven for 5 more minutes until nicely browned.





## Balsamic & Maple Roasted Brussels Sprouts

*These crispy sweet and tangy brussels sprouts are a great addition to your Thanksgiving dinner.*

### Ingredients:

1 pound brussels sprouts  
Cooking spray (optional)  
Salt and pepper, to taste  
2 tablespoons balsamic vinegar  
2 tablespoons 100% pure maple syrup

### Instructions:

Preheat oven to 400°F.

Slice brussels sprouts in half lengthwise and remove outer leaves.

Spread brussels sprouts on a baking sheet covered with parchment paper or a silicon baking sheet.

Spray quickly with cooking spray and sprinkle lightly with salt (optional).

Roast sprouts for 20 minutes until they are tender.

While they are roasting, combine the balsamic vinegar and maple syrup in a bowl.

Toss tender brussels sprouts into the bowl and stir to coat. Place them back on the baking sheet. Roast an additional 3-5 minutes, watching to make sure the sauce doesn't burn.



## Cornbread Stuffing

*This cornbread stuffing cooked in a crockpot stays moist and is a delicious, plant-based alternative. I've made this stuffing for years and the whole family loves it.*

### Ingredients:

- 1 recipe of plant-based cornbread (page 4), baked and cooled
- 1 loaf whole wheat bread, torn into small pieces
- 1 large onion chopped
- 2 stalks of celery, diced
- 1 cup vegetable broth
- 1/2 tsp garlic powder
- 1/2 tsp rosemary
- 2+ tsp sage rubbed

### Instructions:

Tear bread into small pieces and place in a large bowl. Sprinkle with sage, stir and let sit out to dry (I often leave mine sitting out overnight covered with a towel). Stir occasionally so all the pieces can get dry.

Crumble cornbread into the large bowl of bread pieces. Sprinkle with more sage and stir to combine.

Place chopped onion and diced celery in a medium saucepan and cover with vegetable broth. Bring to a gentle boil and simmer for 15 minutes until vegetables are cooked.

Pour onion and celery mix into the large bread bowl a little at a time, stirring until everything is well combined.

Spoon stuffing into a greased crockpot and cook on low for 6 hours. Stir every hour to make sure the stuffing isn't burning.

Serve with mushroom or other gravy.





## Stuffed Acorn Squash

*Stuffed squash is a great alternative to turkey at Thanksgiving. Not only does it taste good, it looks festive on your table.*

4 servings

### Ingredients:

- 2 large acorn squash, halved with the seeds removed
- 3 cups vegetable broth
- 1 1/2 cups quinoa (uncooked)
- 1 onion, chopped
- 1 cup chopped white mushrooms
- 1 can garbanzo beans, drained and rinsed
- 1/2 cup raisins or sweetened dried cranberries
- 1/2 cup pecan pieces
- 1 tsp rubbed sage (or more to taste)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

### Instructions:

Preheat oven to 350° F.

Pour 1/2 cup of water in a shallow baking dish and place the squash halves cut side down. Put in the oven and bake for about 30 minutes, or until just tender.

In a pot, bring the vegetable broth to a boil and add the quinoa. Cover and simmer for 15 minutes until quinoa opens up. Set aside.

In a separate pot, (while quinoa is cooking), brown onions and mushrooms about 5 minutes. Add garbanzo beans mashing slightly. Continue cooking until vegetables are done another 5 minutes.

Combine quinoa, cooked vegetables and beans, raisins, pecans and seasonings.

Spoon into squash halves and serve warm.

You may have leftover quinoa stuffing that you can serve to your turkey eating friends as a tasty side dish.





## Crusted Cauliflower Roast

*This recipe is super easy and a delicious way to prepare cauliflower! As a side dish or main dish, it's perfect for your main dish at Thanksgiving.*

4 servings

### Ingredients:

- 1 large cauliflower 1 1/2-2 pounds
- 1 large onion cut into pieces
- 2-3 large carrots cut into pieces
- 2 tbsp tahini
- 2 tbsp water
- 2 tbsp lemon juice
- 1/2 tsp Bragg liquid aminos or soy sauce
- 2 tbsp nutritional yeast
- 1-2 cloves garlic minced (or 1 tsp. garlic powder)
- 1 tsp parsley chopped

### Instructions:

Preheat oven to 375° F.

Place a sheet of parchment paper inside a 8x8 inch baking dish.

Prepare the cauliflower. Wash and trim the leaves and stem. Cut the bottom so it will sit flat and place it on top of the parchment paper in the dish.

Cut the onion and carrots into pieces and place them around the cauliflower.

Pour 1/2 cup water in the dish and cover with foil. Bake 60 minutes.

Combine the remaining ingredients and whisk with a fork until well until smooth.

Brush the sauce all over the head of cauliflower, covering it completely.

Bake uncovered for an additional 10-15 minutes until nicely browned and cooked through, but not mushy.







## Apple Cranberry Crisp

*Warm apple crisp served with some almond milk ice “cream” is the perfect dessert on a cool fall evening.*

6-8 servings

### Ingredients:

6-8 large apples, peeled and sliced  
1 tbsp lemon juice  
1 cup fresh cranberries (optional)  
2 tbsp 100% pure maple syrup  
1 cup rolled oats  
1/2 cup flour  
1/4-1/2 cup turbinado sugar (to taste)  
1 tbsp cornstarch  
1 tsp cinnamon  
1 tbsp 100% pure maple syrup

### Instructions:

Preheat oven to 350°F.

Toss together apples and lemon juice in a medium bowl. Combine cornstarch and cinnamon in a cup and add to apples, stirring until they are well coated. Add cranberries and 2 tbsp maple syrup and mix well. Pour into an 8x8 inch baking dish.

In a separate bowl, combine oats, flour, cinnamon and sugar. Stir in the additional 1 tbsp maple syrup and sprinkle mixture evenly over the apples and cranberries.

Bake for 40-45 minutes, or until the fruit is bubbling and the top is crisp and golden.





# Chocolate Mocha Mousse Pie

*A truly decadent, rich, creamy chocolate pie. And nobody will guess it is completely plant-based!*

8 servings

## Ingredients:

Graham cracker crust (homemade or store bought)  
2 cups semi-sweet vegan chocolate chips  
2 tbs agave or 100% pure maple syrup  
1/4 cup almond milk (plain) or other plant-based milk  
3 medium avocados ripe  
2 tbs instant coffee powder (use decaf if you're making this for kids)  
1/2 tsp salt

## Instructions:

Combine the chocolate chips, agave, and non-dairy milk in a medium glass bowl. Microwave for 60 seconds and stir. Heat another 30 seconds and stir again. If chocolate isn't all melted, heat one more time and stir well.

Peel and add ripe avocados to your blender.

Pour the melted chocolate over the avocados.

Add the instant coffee powder and salt and blend until the mixture is smooth and shiny. Using a rubber spatula, make sure all the avocado is mixed in and you can't see any green in the mousse.

Pour the chocolate mousse into your graham cracker crust and using the rubber spatula, smooth the surface.

Put the pie into the refrigerator and chill for at least 2 hours.

YUMMY!!!

