



TURKEY SCHMURKEY!

10 CROWD-PLEASING, PLANT-BASED RECIPES FOR THE HOLIDAYS



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TURKEY SCHMURKEY!

Vegetarians and vegans can love Thanksgiving and Christmas too - no turkey or ham needed! There are plenty of delicious plant-based options out there - even better, carnivores love a lot of them too!

In our family, we do accommodate all diets by serving a traditional meaty main. But we also incorporate several substantial meatless sides, including a delicious (yet simple) vegan gravy. Because no one wants to miss out on gravy!

To be honest, even without the meaty main, there's still way too much to eat! That's why I say "turkey, schmurkey!" There can still be so much deliciousness without it. So I created this little ecookbook to share 10 of my family's favorite plant-based holiday recipes. (Oh, and don't forget the cranberry sauce! [Click here](#) for loads of ideas, from classic to fancied up.)

Plus, I've included a few tips for when you're the vegetarian or vegan at the table, and also some things to take into consideration when you're hosting one.

Delicious, peaceful, and happy holidays to you!

Kare

WHEN YOU'RE THE VEGETARIAN OR VEGAN AT THE TABLE

When someone else is hosting you, bring something that you know you can eat to take some of the pressure off of the host. Stuffing's your fave? Bring your favorite plant-based stuffing and wow everyone! Just make sure you talk to the host about it first so he/she can keep the addition in mind when finalizing the menu.

If you're the host AND the person with the special diet (been there many times!) first you'll need to figure out where you draw your line. If you're a vegan, for instance, you might have a hard-and-fast rule: NO animal products in your home, period. If that's the case, and you plan on serving a killer plant-based feast to your fam, great! Just give them a heads-up before the big day. Or perhaps you're okay with someone bringing a meaty dish for the carnivores, you're just not up for preparing it yourself. Or maybe you'll be okay with cooking up the meat yourself – you just won't want to eat it. Just figure it out and communicate with your loved ones beforehand.

HOSTING THE VEGETARIAN OR VEGAN FOR THE HOLIDAYS

Here are my top two tips for when you're hosting plant-based peeps for a big holiday meal:

1. Be mindful of your sides (whenever possible, keep them meatless)

The holiday table overflows with dishes. Sweet potatoes, squash, mashed potatoes, gravy, cranberry sauce, stuffing, rolls, salads ... vegetarians and vegans, theoretically, should have more than enough options from which to create a satisfying feast with nary a glance at that platter of turkey. But the truth is, meat and dairy/eggs sneak into so many of these sides that sometimes the vegan at the table is relegated to a spoonful of cranberry sauce and a bit of salad. Sad trombone.

No need to change every single family recipe or make a second set of everything sans meat, but why not try a new recipe for a perfectly delicious stuffing sans sausage? Or consider making the mashed potatoes with vegan butter and unsweetened almond milk instead of butter, dairy milk, and/or chicken broth.

Holiday side dishes needn't have meat to be utterly delicious. You'll learn a new recipe with hardly any additional work, and everyone at the table, no matter their dietary preferences, will still savor every scrumptious bite.

2. When your vegetarian or vegan guest offers to bring a dish, accept!

When your meatless loved one brings something to the table, it's a win all around. It's one less side dish for you to make – and nobody goes away with a growling tummy.

Will it mess with your menu? Possibly, but oh well! This is a great time to remember that holiday dinners aren't about the perfect menu; they're about gathering with the loved ones you're thankful for.



OUR FAVORITE PLANT-BASED HOLIDAY RECIPES

SIMPLE BUTTERNUT SQUASH SOUP

SERVES ABOUT 4 PREP: 10 MINUTES COOK: 40 MINUTES TOTAL: 50 MINUTES

A gorgeous, velvety soup that's deceptively simple (perfect for busy holiday kitchens). No peeling or dicing here - just roast your butternut halves, peel off the skin, and blend the squash with ginger, vegetable broth, coconut milk, and a tiny splash of maple syrup.

1 medium (approximately 2 1/2 pound) butternut squash, rinsed, halved and seeded

2 teaspoons + 1 tablespoon olive oil, divided

1/2 medium yellow onion, diced (about 1 cup)

1 1/2 – 2 cups low-sodium vegetable broth

1 tablespoon minced fresh ginger (about 1 thumb-sized piece)

1/2 teaspoon kosher salt or sea salt + more to taste

1/4 teaspoon ground white pepper + more to taste*

2 teaspoons pure maple syrup

1 (15-ounce) can full-fat coconut milk (lite works too; the soup will just be a bit thinner/less rich overall)

1. Preheat oven to 400 degrees Fahrenheit. Using a sharp, sturdy knife, carefully cut off the stem of the butternut squash, then cut the squash in half vertically. Scoop out the seeds and either discard or save for roasting. Brush the inside of each half with the 2 teaspoons olive oil and place cut side down on a rimmed baking sheet. Bake until a fork easily pierces the flesh, about 45 minutes. Remove squash halves from oven and set aside to cool a bit.

2. Set a medium pot over low heat. When hot, add the olive oil and then the onion. Sweat the onion, stirring occasionally, until tender and translucent but not golden, about 8 minutes. (To sweat onion, make sure your heat is low and you can barely hear a sizzle). Add 1 1/2 cups of the broth, ginger, 1/2 teaspoon salt, 1/4 teaspoon pepper, and maple syrup. Bring to a simmer. Simmer, covered, for 5 minutes.

3. Peel the skins off of the cooked butternut squash and add cooked flesh to the pot. Using an immersion blender or working with a countertop blender in batches, puree the entire mixture.

4. Return the puree to the pan (if you are using a countertop blender; if you used an immersion blender, you're already there!) Stir in the coconut milk. Bring back to a simmer. Taste and add additional salt and pepper if desired. If you prefer your soup to be thinner, add the remaining broth.

GARNISH IDEAS:

Pepitas, roasted butternut squash seeds, croutons, chopped parsley, drizzle of coconut milk, and/or a dash of smoked paprika

**Note: Black pepper will also work. I use white pepper because I think the soup looks prettier without the little black specks.*

5. Remove from heat, ladle into bowls, and add garnishes if desired. Serve.

6. Store leftovers in an airtight container in the refrigerator. Keeps for about 3 days.

Make-ahead tips:

1) Roast the butternut squash up to three days in advance. Wrap and refrigerate, then bring it out and begin at step 2.

2) Make the entire soup in advance, refrigerate for up to 3 days, then simply reheat when you're ready to serve.

RUSTIC SWEET POTATO & BEET GALETTE

SERVES ABOUT 6 PREP: 20 MINUTES COOK: 40 MINUTES TOTAL: 60 MINUTES

Thinly sliced sweet potatoes and ruby-red beets top a tender sea salt and herb coconut oil crust. This vegan entree is definitely worthy of a spot at your holiday table – and the best part is you don't have to worry about making it look perfect.

The more rustic the better!

SEA SALT & HERB COCONUT OIL CRUST

3-6 tablespoons ice cold water

2 cups (272 g) white whole wheat flour + a little more for rolling

1 teaspoon dried Italian herb seasoning

1 teaspoon fine-grain sea salt

2/3 cup (160 g) coconut oil (solid/scoopable, NOT MELTED)

FILLING

1 medium sweet potato, peeled and very thinly sliced*

2 medium beets, peeled and very thinly sliced*

2 tablespoons olive oil

Pinch + 1/4 teaspoon coarse sea salt or kosher salt, divided

1. Preheat oven to 375 degrees Fahrenheit. Brush a little olive oil on a large baking sheet.

2. Make the crust. Fill a bowl with 6 tablespoons water. Add 3-4 ice cubes and stir. Set aside.

3. In a medium bowl, mix together the flour, herbs, and sea salt. Add the coconut oil in dollops. Make sure your coconut oil is in solid, scoopable form. If it's in a liquid state (which happens right around 76 degrees Fahrenheit), refrigerate it until it's solid but stirrable, then proceed.

4. Using a pastry blender, two knives, or your clean hands, cut the coconut oil into the flour mixture, mixing until it is the texture of coarse crumbs or wet sand. Grab a wooden spoon and drizzle in the ice-cold water, a tablespoon at a time, stirring just until the dough starts to come together. Use your hands to form one cohesive ball of dough in the bowl. If it falls apart, add a bit more water.

5. Lay out a pastry sheet or large piece of parchment paper and sprinkle a little flour on it (I find it much easier to transfer the crust using a sheet or parchment). Place the dough on the sheet or counter top. Sprinkle a little flour on top of the dough. Roll it out into a circle about 14 inches diameter. With a knife, cut the rough edges off so that your pastry is in the form of a circle(ish – remember – rustic!) Reserve scraps.

PARSLEY-GARLIC TOPPING

2 tablespoons olive oil

**1 medium clove garlic, finely
chopped**

**3 tablespoons finely chopped
parsley (either curly or flat –
both work)**

**1/8 teaspoon kosher salt or sea
salt**

**Note: I recommend using a
mandoline to slice the beets and
potatoes.*

- 6.** Using the parchment paper, carefully transfer the crust to the baking sheet. Don't worry if it rips or comes apart a bit – you can repair it right on the baking sheet. The crust is pretty forgiving.
- 7.** Layer the beets and sweet potatoes on the dough, leaving about a 2-inch border. Start with a large circle of beets around the perimeter, then sweet potatoes, then repeat until you reach the center. Sprinkle with a pinch of salt and repeat with another layer, this time starting with sweet potatoes. Fold the edges of the dough up over the edges of the vegetables. If any of the dough tears or breaks, press it back together, or use your leftover scraps to patch it up if needed.
- 8.** Brush the entire galette with 2 tablespoons olive oil and sprinkle the 1/4 teaspoon salt over the entire thing.
- 9.** Bake until the crust is golden-brown and the vegetables are fork-tender, about 40 minutes.
- 10.** In a small bowl, stir together the parsley, olive oil, garlic, and salt. Brush the mixture over the galette while it's still piping hot.
- 11.** Cut into six wedges and serve.

VEGAN PUMPKIN RISOTTO WITH TOASTED HAZELNUTS & CRISPY FRIED SAGE LEAVES

SERVES ABOUT 4 PREP: 10 MINUTES COOK: 40 MINUTES TOTAL: 50 MINUTES

A surprisingly simple autumnal risotto made with pumpkin puree and a secret ingredient for an umami boost. Plus, a toasted hazelnut and crispy fried sage leaf garnish that take it over the top!

**1/4 cup hazelnuts,
roughly chopped**

3 tablespoons olive oil

About 20 fresh sage leaves

**1/2 medium yellow onion, diced
(about 1 cup)**

**4 cups low-sodium vegetable
broth**

3 tablespoons white miso

1 cup arborio rice (NOT rinsed)

2 medium cloves garlic, minced

1/2 cup dry white wine

1 cup pumpkin puree

1/2 teaspoon ground nutmeg

**1/4 teaspoon kosher salt
+ more to taste**

**1/8 teaspoon white pepper
+ more to taste**

1. Set a large, flat skillet over medium heat. Add hazelnuts and stir frequently until just beginning to get fragrant and light brown, 3-4 minutes. You'll want to remove them from the heat before you think they're fully toasted, as they'll keep toasting for a bit after they're off the heat. Pour the hazelnuts into a small bowl and set aside. Allow the pan cool then wipe clean with a paper towel.

2. Set pan back on burner over medium heat. Add olive oil. When hot enough that a small drop of water sizzles in the oil, drop in sage leaves. Fry sage leaves in oil until the edges pale and just slightly start to curl, about 20 seconds. Remove quickly with a fork and set on a paper towel. Sprinkle leaves with a bit of kosher salt or fine-grain sea salt and set aside to cool and crisp up.

3. Add onion to the pan along with a pinch of salt and reduce heat to low. Cook, stirring frequently with a wooden spoon at first and then occasionally, until very soft and translucent, about 8 minutes.

4. While the onion cooks, set a medium saucepan over low heat on an adjacent burner. Add the vegetable broth and the miso. Bring to a simmer, stirring to distribute the miso throughout the broth.

5. Increase heat for onions to medium low and add rice. Cook, stirring frequently, until rice begins to turn golden in a few spots here and there and it smells nutty, 4-5 minutes. Add garlic and cook, stirring constantly, for one more minute.

6. Stir in the wine. Cook, stirring, until the wine evaporates. Stir the broth/miso mixture and then add 1 cup to the rice. Cook, stirring frequently, until the liquid is mostly absorbed (3-4 minutes) and your wooden spoon leaves a starchy trail when you drag a figure-8 through the risotto. Add 1 more cup broth and repeat, stirring until absorbed. Add another cup of broth and cook until absorbed.

7. Add pumpkin, nutmeg, 1/4 teaspoon salt, 1/8 teaspoon pepper, and 1/2 cup more of the broth mixture. Cook, stirring frequently, until creamy and the rice is al dente. Taste risotto to test that the rice is done and see if you'd like to add more salt and pepper. If the risotto is too dry (you want it "loose" – so that it spreads in the bowl or on your plate when serving) then stir in the remaining broth, a little at a time.

8. Ladle risotto into bowls or onto a plate and garnish with sage leaves and a few bits of toasted hazelnut.

Make-ahead tips:

Risotto is pretty much best right after it's made, but you can prep the hazelnuts and chop the veggies beforehand.

CREAMY VEGAN BUTTERNUT PASTA BAKE

SERVES ABOUT 6 PREP: 15 MINUTES COOK: 55 MINUTES TOTAL: 1 HOUR 10 MINUTES

Vegan comfort food to the max. Butternut squash, garlic, smoked paprika pureed into a velvety sauce that smothers al dente whole wheat penne. And then sprinkled with herbed bread crumbs, and baked until bubbly and golden-brown. Mmmm.

8 ounces whole wheat penne pasta*

1 tablespoon olive oil

1 cup chopped yellow onion (about 1/2 medium onion)

2 medium cloves garlic, minced

2 cups vegetable broth

1 teaspoon dry mustard

1/2 teaspoon smoked paprika

1/4 teaspoon kosher salt + more to taste

1/8 teaspoon freshly ground black pepper + more to taste

1 tablespoon Tamari or low-sodium soy sauce, to taste

4 cups diced peeled butternut squash

1/2 cup full-fat coconut milk

2 teaspoons lemon juice

1. Bring a large pot of water to a boil. Cook pasta according to package directions, stopping 1 to 2 minutes short of the recommended cooking time so that the pasta is nice and al dente. Drain, return to pot, and set aside.

2. While the pasta is cooking, start the sauce. Set a large saute pan over medium heat. When hot, add the olive oil. Add the onions and saute, stirring occasionally, until soft and turning brown, 7-8 minutes. Add garlic and cook, stirring, for another minute.

3. Add broth, stirring to loosen up the bits of cooked onion at the bottom of the pan. Stir in the dry mustard, smoked paprika, salt, black pepper, and Tamari. Add the butternut squash. Bring to a boil. Reduce to a simmer and cover the pan. Cook until the squash is tender, 7-8 minutes.

4. Preheat oven to 350 degrees Fahrenheit.

5. Remove veggies from heat, remove lid, and let sit until cool enough to handle. Transfer to the pitcher of a blender. Add coconut milk and lemon juice. Puree until smooth. Taste and add additional salt and pepper, if desired. If the sauce is too thick to move around in the blender, thin it with a little more vegetable broth.

FOR THE BREADCRUMB

TOPPING:

1/2 cup Panko breadcrumbs

**1/2 teaspoon dried thyme (or 1
teaspoon fresh thyme)**

1/4 teaspoon smoked paprika

1/4 teaspoon kosher salt

2 tablespoons olive oil

Gluten Free Option:

Use gluten-free pasta

*(I recommend brown rice pasta
for this recipe)*

6. Pour the butternut sauce over the pasta in the pot. Stir gently to combine. Pour into a 2-quart baking dish (approx. 8-inch by 8-inch should be fine). It will seem seem soupy, but it will thicken up when it bakes!

7. Make the breadcrumb topping. Add Panko breadcrumbs to a small bowl along with the thyme, paprika, and salt. Mix to combine. Drizzle the olive oil over the breadcrumb mix and stir until combined. Spoon over the top of the pasta.

8. Bake at 350 degrees until bubbly and the breadcrumbs are golden brown, about 25 minutes.

9. Let cool for a few minutes before serving.

WILD RICE & LENTIL STUFFED DELICATA SQUASH WITH CRANBERRIES & PECANS

4 MAIN OR 6 SIDE SERVINGS PREP: 20 MINUTES COOK: 45 MINUTES TOTAL: 1 HOUR 5 MINUTES

Wild rice pilaf heartied up with lentils, flavored with curry spices and cumin, and dotted with sweet dried cranberries and crunchy pecans – all served up in delicious roasted delicata squash halves. Yum!

FOR THE PILAF (FILLING):

- 2 tablespoons olive oil**
- 1 medium yellow onion, diced**
- 3/4 cup wild rice blend, rinsed**
- 2 medium cloves garlic, minced**
- 1-2 teaspoons curry powder, to taste***
- 1 teaspoon cumin powder**
- 1/2 teaspoon salt**
- Freshly ground black pepper**
- 3-4 cups vegetable broth**
- 1/3 cup French green lentils, rinsed**
- 1 tablespoon dark brown sugar, packed**
- 1/2 cup dried cranberries**
- 1/3 cup chopped pecans**

- 1.** Preheat oven to 400 degrees Fahrenheit.
- 2.** Make the pilaf. Set a large saute pan with lid (or a medium dutch oven) over low heat. Add the olive oil. When hot, add the onion. Cook, stirring occasionally, until translucent, about 8 minutes. Add the rice and cook, stirring frequently, until a few pieces of the rice start to get golden on the ends, about 3 minutes. Add the garlic, 1 teaspoon curry powder, cumin, salt, and pepper and cook, stirring frequently, for one more minute.
- 3.** Add 3 cups of the vegetable broth, the brown sugar, and the lentils. Increase heat to high and bring to a boil. Then reduce heat to a simmer, stir, and cover. Set the timer for 40 minutes, stirring occasionally. If the mixture begins to get too dry before being cooked all of the way, add additional broth. If the mixture seems too wet after cooking for awhile, vent the pan to help some of the liquid evaporate. I've found making the pilaf is not an exact science as each pan is different, so just monitor your pilaf as it cooks. Pilaf is done when it's relatively dry and the lentils and rice are tender, about 40 minutes.
- 4.** Remove pilaf from heat and stir the dried cranberries and chopped pecans. Taste and add the remaining teaspoon of curry powder and more salt and pepper if you wish.

FOR THE SQUASH:

3 delicata squash, stems cut off, halved vertically, seeds removed

1 tablespoon olive oil

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

FOR THE GARNISH:

A few leaves of fresh parsley, chopped, for garnish

**The heat in curry powders can really vary, so I recommend you start with 1 teaspoon and, if you'd like a bit more, add another teaspoon at the end.*

5. Meanwhile, while the pilaf cooks, prepare the delicata squash. Cut the stems off the ends, half lengthwise, scrape the seeds out with a spoon, and brush the inside of each half with olive oil. Sprinkle with salt and pepper and place cut side down on a large baking sheet. Bake for about 20 minutes, until fork-tender and golden around the edges. Remove from oven.

6. When ready to serve, flip over the delicata squash and spoon pilaf into the squash halves. I like to mound it just a bit but not too much or serving will become interesting (as in messy). You may have some pilaf left over. Transfer to serving plate and sprinkle chopped parsley over the top. Serve.

Make-ahead tips:

You can make the pilaf and roast the squash ahead of time and refrigerate for up to two days. Spoon pilaf into the squash and bake at 350 degrees for 20-25 minutes to warm them through.

NUTTY CHICKPEA PILAF

4 MAIN OR 6 SIDE SERVINGS PREP: 20 MINUTES COOK: 40 MINUTES TOTAL: 1 HOURS

A hearty pilaf with a satisfying nutty crunch and, thanks to a handful of dried cranberries, a touch of contrasting sweetness. A plethora of chickpeas elevates what's typically a side to entree status.

2 tablespoons olive oil

1 medium yellow onion, diced

2 large (or 3 medium) cloves garlic, minced

1 cup brown Basmati rice, rinsed

1/4 teaspoon kosher salt, plus more to taste

1/8 teaspoon freshly ground black pepper, plus more to taste

2 cups low-sodium vegetable broth

1/2 cup dried cranberries

1 (15-ounce) can chickpeas, drained

1/3 cup unsalted hazelnuts, chopped*

1/3 cup unsalted pecans, chopped*

1/2 cup fresh Italian parsley, chopped

1. Set a large saute pan over medium heat. When hot, add the olive oil. Add the onion and cook, stirring occasionally, until translucent, 7-8 minutes. Add the garlic, rice, 1/4 teaspoon salt and 1/8 teaspoon pepper. Cook, stirring frequently, until the rice begins to crackle, about 2 minutes.

2. Stir in the vegetable broth, the dried cranberries, and the chickpeas. Increase heat to high to bring to a boil, then reduce the heat to medium-low. Cover and simmer, stirring occasionally, until the rice is tender and the liquid has evaporated, about 35 minutes. If the liquid cooks off before your rice is cooked through, add a little more water and keep cooking until the rice is done.

3. Fold in the hazelnuts, pecans, and parsley. Taste and add additional salt and pepper if desired. Remove from heat and serve.

Note: *I've used both raw and toasted nuts; both are great. For a little more toasty crunch, you might want to buy them toasted or toast them yourself by dry-sauteeing them in a skillet over medium heat. Stir constantly and cook until fragrant and toasty, about 4-5 minutes.*

HERBED WILD RICE & QUINOA STUFFING

SERVES 8 TO 10 PREP: 20 MINUTES COOK: 1 HOUR 10 MINUTES TOTAL: 1 HOUR 30 MINUTES

- 2 tablespoons olive oil
+ more as needed**
- 1 large yellow onion,
finely chopped**
- 2 stalks celery, chopped
(about 1/2 cup)**
- 2 medium Granny Smith apples,
peeled and diced**
- 2 medium cloves garlic, peeled
and finely minced**
- 2 tablespoons fresh thyme
leaves, minced**
- 1 teaspoon kosher salt
+ more to taste**
- 1/2 cup dry-ish white wine (like
Sauv Blanc or Chardonnay)**
- 4 cups low-sodium vegetable
broth**
- 2 cups uncooked wild rice blend**
- 1 cup uncooked quinoa,
rinsed well**
- 1 1/2 cups dried cranberries**
- 1 cup raw pecans, chopped**
- 1/2 cup chopped fresh Italian
parsley + 1/4 cup more for
topping after baking**
- 1/4 cup fresh sage leaves,
minced**

Specked with fresh herbs, apples, cranberries, and pecans, everyone will love this flavor-filled stuffing – and nobody will guess it’s vegetarian, vegan, and gluten-free! Plus, the addition of protein-rich quinoa gives this hearty stuffing main-dish cred – perfect for those that prefer to skip the turkey.

- 1.** Place a large pot over medium heat. Add the oil. When hot, add the onions and celery and cook, stirring occasionally, until soft, about 5 minutes. Add the apples, garlic, thyme, and salt. Cook, stirring frequently, for one more minute.
- 2.** Stir in wine, then add broth. Bring to a boil. Stir in the wild rice blend and reduce the heat to medium-low. Simmer, covered, until the rice is tender, about 35 minutes.
- 3.** Stir in the quinoa and cover again. Cook until the quinoa is tender, about 15 more minutes. Stir in the cranberries, pecans, 1/2 cup parsley, and sage. Taste and add additional salt if desired. Remove from heat.
- 4.** Preheat oven to 350 degrees Fahrenheit. Rub a large (9-inch x 13-inch is best) casserole dish with a little olive oil. Lightly scoop the rice mixture into the casserole dish, lightly mounding it instead of mashing it down.
- 5.** Bake until golden brown, 25-30 minutes. Drizzle with a little more olive oil and sprinkle with remaining chopped parsley. Serve.

VEGAN SLOW COOKER MASHED POTATOES WITH GARLIC & CHIVES

SERVES 6 TO 8 PREP: 15 MINUTES COOK: 8 HOURS TOTAL: 8 HOURS 15 MINUTES

The easy peasy slow cooker mashed potatoes we all know and love – but vegan!

10 medium cloves garlic, separated from the bulb and peeled

3 pounds red potatoes, scrubbed and cut into 2-inch pieces*

2 tablespoons olive oil + more for serving if desired

1/2 teaspoon salt + additional salt & freshly ground black pepper to taste

1/3 cup vegetable broth

1/3 – 3/4 cup unsweetened almond soy milk

2 tablespoons chopped fresh chives + more for topping

Vegan buttery spread for topping (optional)

**If you prefer smoother mashed potatoes, you can peel your potatoes. I like the bits of red potato skin in mine, so I leave the skin on.*

1. Place garlic at the bottom of the slow cooker. Add potatoes. Drizzle with olive oil and sprinkle on the salt. Pout the vegetable broth over the top.

2. Cook on high 3 – 4 hours or low 8 hours, until the potatoes and garlic are tender.

3. Mash the potatoes! You can either use a potato masher or a hand mixer. I don't recommend a food processor or stand mixer because they can overmix the potatoes and give them a starchy consistency. Mash the potatoes a bit, then pour in 1/3 cup of the almond milk. Continue mashing/mixing, adding additional almond milk until the potatoes are your desired consistency. Mix in the chives.

4. Taste and add additional salt and some pepper, if desired, to taste.

5. Scoop into a bowl and top with more fresh snipped chives and a pat of vegan buttery spread, if desired.

Note: *Slow cookers can vary, so you may want to make sure you're home the first time you make these. Once the potatoes and garlic are fork-tender, you'll want to mash them. Overcooking can affect the consistency.*

EASY VEGETARIAN ONION GRAVY

SERVES 4 TO 5 PREP: 10 MINUTES COOK: 25 MINUTES TOTAL: 35 MINUTES

Vegans, rejoice! This super simple gravy is exactly what you've been missing during holiday meals. It's so easy to whip up a batch - just keep those saucy carnivorous mitts away from the gravy boat - many readers have reported preferring this gravy over their own.

**1 tablespoon plus 4 tablespoons
vegan butter, divided**

1/2 cup finely diced onion

1/4 cup all-purpose flour

**2 cups low-sodium vegetable
broth**

**1 tablespoon Tamari or soy
sauce (optional)**

**Salt and fresh ground black
pepper to taste**

- 1.** In a medium saucepan over medium-low heat, melt one tablespoon of butter.
- 2.** Add the onion and saute for 10 – 15 minutes until soft and light brown.
- 3.** Remove the onion from the pan and place in a small bowl. Set aside.
- 4.** Add the remaining four tablespoons of butter to the saucepan and melt over medium-low heat.
- 5.** Stir in the flour and cook, stirring frequently, for three minutes.
- 6.** Gradually stir in the vegetable broth and continue stirring, over medium-low heat, until thickened to a gravy consistency, about 3 – 4 minutes.
- 7.** Add back the cooked onions. Add Tamari or soy sauce if using. Add salt and pepper to taste and serve.

SOFT & FLUFFY VEGAN DINNER ROLLS

SERVES 20 PREP: 1 HOUR 50 MINUTES COOK: 20 MINUTES TOTAL: 2 HOURS 10 MINUTES

Please the vegans without disappointing the carnivores. These soft, fluffy, buttery, and melt-in-your-mouth dinner rolls are total crowd-pleasers – no eggs or dairy needed.

**6 tablespoons + 2 tablespoons
vegan butter (I use Earth
Balance), divided**

2 cups unsweetened soy milk

1/2 cup water

**1 packet (2 1/4 teaspoons)
active dry yeast (not instant)**

1/3 cup granulated sugar

1 1/2 teaspoons salt

5-6 cups all-purpose flour

**2-3 teaspoons canola oil (for
greasing the pans only – not for
the dough!)**

1. Add the 6 tablespoons of vegan butter to a small sauce pan. Set on your stovetop and heat on low just until melted. Add the soy milk and water. Continue heating until the temperature hits about 115 degrees (it will cool off a bit when you add it to the bowl of your stand mixer).
2. Pour warmed butter and milk mixture into the bowl of your stand mixer. Add the sugar and stir to combine.
3. Check the liquid with the thermometer again to make sure the temperature of the liquid is between 100-110 degrees. Most say this feels warm but doesn't sting your hand to the touch. You can use a meat thermometer or a candy thermometer. The reason temperature is so important is that if the temperature is too low, the yeast won't activate. If it's too warm, it will kill the yeast.
4. Once the liquid is between 100 and 110 degrees Fahrenheit, add the yeast and stir to combine. Let sit 5 minutes, until bubbly. Stir in the salt.
5. With the dough hook on the stand mixer and the mixer on low speed, add the flour, 1 cup at a time, until the dough starts to look shaggy when the flour is added but is still relatively loose and wet. When you have the right amount of flour, the dough will cling to the hook for a moment and then begin to fall back into the bowl. Once you're there, resist adding more flour! It usually takes about 5 1/2 cups for me.

- 6.** Increase the speed to medium and knead 4-5 minutes until the dough is smooth and elastic. It will be soft and relatively sticky but you should be able to handle it without getting too much on your hands.
- 7.** Rub a little neutral oil (I use canola) in a large bowl and transfer dough to the bowl. A bit will probably stick to your hands but that's okay! Let rise until doubled in size, 30 minutes to 1 hour.
- 8.** Punch down the dough. Prepare a surface by sprinkling a tablespoon or two of flour on it. Turn the dough out onto the surface. It might still be a little sticky but soft and smooth to the touch.
- 9.** Using a bench scraper or large knife, cut dough into quarters and then cut each quarter into 5 pieces roughly the same size. Don't worry if they're not exactly equal.
- 10.** Grease a large 9" x 13" rimmed baking pan. Take each piece of dough, fold the four corners onto the bottom to form a round shape, and place in greased pan. You should have 20 rolls or 5 rows of 4 rolls each. Cover with plastic wrap. Let the rolls rise until almost doubled, about 20 minutes.
- 11.** Meanwhile, preheat oven to 375 degrees Fahrenheit. Set remaining 2 tablespoons of vegan butter into a small saucepan over low heat to melt.
- 12.** Remove plastic wrap from risen rolls and brush the tops gently with the melted vegan butter.
- 13.** Bake until golden and a thermometer inserted into the center of the rolls registers at about 195 degrees Fahrenheit, 25 to 35 minutes.
- 14.** Remove from oven and let cool a bit. Enjoy immediately or serve later. Rolls keep at room temperature for about 5 days in a sealed zipper bag. They also freeze well.

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