



# GIVE THANKS

TREAT YOUR LOVED ONES  
TO A COLORFUL FALL  
DINNER FULL OF FRESH  
AND FABULOUS FLAVORS.

*A Very Vegan Thanksgiving ❁ 2019*

RECIPES BY DARSHANA THACKER



# The menu

SERVES 6



CREAMY CARROT SOUP

RED CABBAGE AND ORANGE SALAD  
WITH CRANBERRIES AND WALNUTS

THE BEST GREEN BEAN CASSEROLE

DELICATA SQUASH  
WITH CREOLE QUINOA STUFFING

PURPLE POTATO CAKE  
WITH AUTUMN FRUITS





## ❁ Creamy Carrot Soup

**READY IN** 40 MINUTES  
**MAKES** 6 CUPS

Peeling the red bell pepper helps make this carrot soup extra silky. Dress it up with a drizzle of rich cashew cream, pomegranate seeds, and chopped fresh parsley for a festive fall presentation.

- ¼ cup cashews**
- 1 medium onion, cut into ½-inch dice (2 cups)**
- 1½ pounds carrots, cut into ½-inch dice (3½ cups)**
- 1 red bell pepper, peeled and cut into ½-inch dice (1 cup)**
- 1 sprig fresh rosemary**
- 1 sprig fresh thyme**
- 1 large fresh sage leaf**
- 4 cloves garlic, minced**
- 1 tablespoon lemon juice**
- Sea salt and freshly ground black pepper or cayenne pepper, to taste**
- ½ cup fresh pomegranate seeds**
- 2 tablespoons finely chopped fresh parsley**

### INSTRUCTIONS

- 1.** In a small bowl, cover the cashews with ½ cup hot water; let soak 20 minutes. Transfer cashews and remaining liquid to a blender; blend until smooth and creamy. Set aside.
- 2.** In a saucepan, combine onion, carrots, bell pepper, rosemary, thyme, sage, and garlic. Add ½ cup water and sauté over medium heat for 15 to 20 minutes, or until carrots are tender.
- 3.** Remove pan from heat. Let vegetables cool for 10 minutes; then remove rosemary sprigs and thyme leaf.
- 4.** Transfer sautéed vegetables to a blender, and puree to a smooth paste. Return pureed vegetables to saucepan and add 3 cups water and 1 tablespoon lemon juice. Season with salt and pepper. Bring soup to boiling.
- 5.** To serve, place soup in individual bowls, drizzle with cashew cream, and garnish with pomegranate seeds and parsley.



## ❁ Red Cabbage and Orange Salad with Cranberries and Walnuts

**READY IN** 1 HOUR 15 MINUTES  
**MAKES** 8 CUPS

This rainbow-hued salad develops its delicious flavor as it sits, so be sure to chill it for at least an hour before serving—or make it a day ahead of time.

**4 oranges, cut into supreme (2 packed cups)**  
**4 cups shredded red cabbage**  
**½ cup dried cranberries**  
**2 shallots, finely chopped (¼ cup)**  
**¼ cup chopped walnuts, divided**  
**2 tablespoons finely chopped fresh parsley, divided**  
**3 tablespoons balsamic vinegar**  
**1 tablespoon pure maple syrup**  
**Sea salt and freshly ground black pepper, to taste**

### INSTRUCTIONS

1. Supreme the oranges to remove bitter pith and membranes: Using a small, sharp knife, slice off fruit ends, and stand an orange on one flat end on cutting board. Working in sections around the fruit, slice off all peel and pith. You will be able to see the membranes that separate each segment. Tip the orange on its side, and slice each segment free from the membranes on either side.
2. In a salad bowl, combine orange supremes, cabbage, cranberries, and shallots. Add half of the walnuts and parsley, reserving the other half to garnish salad. Mix salad well.
3. In a small bowl, whisk together vinegar, maple syrup, salt, pepper, and 2 tablespoons water. Pour dressing over salad and toss well.
4. Chill the salad for at least an hour before serving. Serve garnished with reserved parsley and walnuts.



**✿ The Best Green Bean Casserole**

**READY IN** 1 HOUR 10 MINUTES  
**MAKES** 8 CUPS

A homemade chunky mushroom gravy brings fresh flavor to a classic holiday recipe.

- 1 medium yellow onion, thinly sliced**
- 1 tablespoon ground flaxseed**
- 2 pinches sea salt**
- 2 pinches black pepper**
- 24 ounces fresh green beans, trimmed and cut into bite-size pieces (8 cups)**
- 1 tablespoon sliced almonds**

**CHUNKY MUSHROOM GRAVY**

- 1 yellow onion, cut into ½-inch dice (2 cups)**
- 16 ounces mushrooms, sliced (8 cups)**
- 6 cloves garlic, minced**
- ⅓ cup oat flour**
- 2 cups low-sodium vegetable broth**
- 2 tablespoons white wine vinegar**
- 1 tablespoon Italian seasoning**
- Sea salt and freshly ground black pepper, to taste**

**INSTRUCTIONS**

- 1.** Preheat oven to 350°F. Line a baking sheet with parchment paper.
- 2.** In a mixing bowl, combine thinly sliced onion, flaxseed, salt, and pepper. Mix well to coat onions; let sit for 5 minutes.
- 3.** Spread onions on prepared baking sheet and bake 15 minutes until lightly brown around the edges. Set aside.
- 4.** Meanwhile, place green beans in a steamer basket in a large saucepan. Add water to just below basket. Bring to boiling. Steam, covered, about 10 minutes or until tender. Remove from heat and transfer beans to a 2½-qt. baking dish.
- 5.** To make gravy, combine diced onion, mushrooms, and garlic in a saucepan over medium heat. Cover pan and cook, stirring occasionally, for 7 to 10 minutes or until onions start to turn translucent. The mushrooms will release enough liquid to keep the vegetables from sticking to the pan.
- 6.** In a medium bowl, whisk together oat flour, broth, vinegar, and Italian seasoning; season with salt and pepper. Add broth mixture to mushroom mixture; cook for 3 to 5 minutes more, or until gravy thickens.
- 7.** Transfer half of gravy to a blender. Purée until smooth. Return puréed mixture to saucepan and stir well.
- 8.** Pour the gravy over the green beans in the casserole dish. Scatter browned onions and almonds over the top. Bake about 20 minutes or until heated through.



## ❁ **Delicata Squash with Creole Quinoa Stuffing**

**READY IN** 1 HOUR  
**MAKES** 6 STUFFED SQUASH  
 AND 2 CUPS SAUCE

As long as you have 2 cups of cooked quinoa ready to go, these beautiful stuffed squash are easy to make. Creole seasoning in the stuffing and a drizzle of zesty tomato sauce add a punch of festive flavor and color.

- 3 medium Delicata squash, halved crosswise and cored (about 4½ pounds)**
- 1½ medium onions, cut into ¼-inch pieces (3 cups)**
- 1 fennel bulb, chopped (2 cups)**
- 1 red bell pepper, cut into ¼-inch dice (1 cup)**
- 6 cloves garlic, minced**
- 1 teaspoon ground cumin**
- 1 tablespoon mild Creole spice mix**
- 1 15-ounce can low-sodium fire-roasted diced tomatoes**
- 2 cups cooked quinoa**
- 1 15-ounce can white beans, rinsed and drained**
- 2 tablespoons finely chopped fresh cilantro, divided**
- 1 tablespoon white wine vinegar**
- ½ teaspoon sea salt**
- ¼ teaspoon white or black pepper**
- 1 tablespoon nutritional yeast**

### **INSTRUCTIONS**

- 1.** Preheat oven to 350°F. Line a baking sheet with parchment paper.
- 2.** Trim the end of each squash half so that they can sit flat when stuffed. Place the halves cut-side-down on the prepared baking sheet and bake for 30 minutes, or until a fork can easily pierce the skin. Set aside.
- 3.** In a skillet over medium heat, sauté the onions, fennel, bell pepper, garlic, cumin, and Creole spice mix for 10 minutes, adding water, 1 to 2 tablespoons at a time, as needed to keep vegetables from sticking to the skillet.
- 4.** In a blender, combine the tomatoes and ½ cup of the sautéed vegetables; blend into a smooth sauce. Transfer to a small pan and add 1 cup of water. Bring sauce to a boil, reduce heat, and simmer for 10 minutes to thicken.
- 5.** Meanwhile, add the quinoa, beans, 1 tablespoon of the cilantro, the vinegar, salt, and pepper to the remaining sautéed vegetables in the skillet. Taste and adjust seasoning.
- 6.** To assemble, flip squash cups cut-sides-up on baking sheet and fill each with ¾ cup stuffing. Spoon 2 tablespoons tomato sauce over each stuffed squash. (Reserve remaining sauce for serving.)
- 7.** Bake 20 minutes, or until squashes are brown around the edges.
- 8.** To serve, arrange stuffed squashes on a platter or individual plates and top each with ¼ cup tomato sauce. Sprinkle with nutritional yeast and remaining cilantro. Serve immediately.



## ❁ Purple Potato Cake with Autumn Fruits

**READY IN** 2½ HOURS  
**MAKES** 1 9-INCH LOAF CAKE

Purple potatoes lend tenderness and unexpected color to this rustic cake. If you don't have purple potatoes, use any sweet potatoes or yams in their place.

### CAKE

- ½ cup unsweetened, unflavored plant milk
- 1 tablespoon apple cider vinegar
- 1 tablespoon ground flaxseed
- ¾ cup pure maple syrup
- 1½ teaspoons pure vanilla extract
- 1 cup grated purple potato (grated using large grate)
- ½ cup fresh or frozen cranberries
- 1¾ cups whole wheat pastry flour
- ½ cup almond flour
- 1 teaspoon pumpkin pie spice
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon sea salt
- 1 apple, thinly sliced

### GLAZE

- 1 tablespoon pure maple syrup
- 1 tablespoon lemon juice
- 2 pinches pumpkin pie spice

### INSTRUCTIONS

1. Preheat oven to 350°F. Line a bread pan with a piece of parchment paper.
2. In a mixing bowl, whisk together milk, vinegar, and flaxseed. Let sit for 10 minutes, or until mixture is frothy.
3. Add the maple syrup and vanilla to milk mixture. Mix well. Add potatoes and cranberries.
4. In a separate bowl, combine pastry flour, almond flour, pumpkin pie spice, baking powder, baking soda, and salt. Mix well using a whisk.
5. Add wet mixture to dry mixture; mix well.
6. Pour batter into bread pan. Spread out evenly. Arrange apple slices on top in a nice pattern.
7. Bake 60 minutes. Cake is done when a toothpick inserted in center comes out dry.
8. Transfer the cake in its pan to a cooling rack to cool.
9. To make glaze, in a bowl whisk together maple syrup, lemon juice, and pumpkin pie spice. Drizzle over the cake and let the cake cool down completely. Let the drizzle seep to the bottom of the cake, peeling the parchment paper from the sides of the cake if needed.
10. Chill cake in fridge for 1 hour or until ready to serve.