

Beverly Lynn Bennett's Vegan Holiday Recipes

These recipes are just a few suggestions for the upcoming fall and winter holidays, and for more, check out my website at www.veganchef.com. For additional holiday recipe ideas, check out www.bryannaclarkgrogan.com and www.vegkitchen.com.

Stuffed Winter Squash

Yield: 4 servings

- 4 cups whole grain bread, cut into 1-inch cubes
- 1 Gala or Fuji apple, diced
- 1/2 cup onion or red onion, diced
- 1/2 cup celery, diced
- 1 1/2 teaspoons olive oil
- 1/3 cup raw pecans, coarsely chopped
- 1/3 cup green onions, thinly sliced
- 1 tablespoon garlic, minced
- 1 teaspoon dried thyme
- 1/2 teaspoon ground cinnamon
- 1/3 cup dried cranberries
- 1/4 cup dried currants or raisins
- 1/4 cup chopped fresh parsley
- 2 teaspoons nutritional yeast powder or flakes
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 cup filtered water or vegetable broth
- 2 teaspoons tamari, shoyu, or Bragg Liquid Aminos
- 2 (1-lb.) delicata, sweet dumpling, or acorn squash (or a 3-4 lb. sugar pie pumpkin)

1. Place bread cubes in a medium bowl, and set aside to dry out for 15 minutes.
2. Meanwhile, in a large skillet over medium heat, sauté apple, onion, celery, and olive oil, stirring often, for 3-5 minutes or until soft. Add pecans, green onions, garlic, thyme, and cinnamon, and sauté for 2 minutes. Remove from heat.
3. Add apple mixture, cranberries, currants, parsley, nutritional yeast flakes, salt, and black pepper to bread cubes, and stir well to combine. Add water and tamari, and gently stir to moisten bread cubes.
4. Preheat the oven to 400 degrees F.
5. Cut off the stems of each squash, cut each in half, and scoop out and discard seeds (leave pumpkin whole and scoop out stringy pulp and seeds like preparing for a jack-o-lantern). Place squash halves cut side up in a large baking dish. Fill squash halves with stuffing mixture, dividing it evenly among them. Cover baking dish with a lid or aluminum foil.
6. Bake for 30 minutes, remove cover, and bake for 10-15 minutes longer or until squash halves are tender and stuffing is lightly brown on top. If using a pumpkin, it may need to bake 5-10 minutes longer. Serve hot.

Variation: For a more savory stuffing, replace the apples with 2 cups crimini mushrooms, coarsely chopped, and omit the dried cranberries and currants.

Baked Tofu Cutlets

Yield: 8 pieces or 4 servings

- 1 lb. firm or extra-firm tofu
- 4 tablespoons tamari, shoyu, or Bragg Liquid Aminos
- 2 tablespoons olive oil
- 1 1/2 teaspoons garlic powder or garlic salt, divided
- 1 1/2 teaspoons onion powder, divided
- 3 tablespoons nutritional yeast powder or flakes, divided

1. Preheat the oven to 375 degrees F.
2. Gently squeeze block of tofu over the sink to remove excess water. Cut tofu in half lengthwise, turn each half cut side down, and cut each half into 4 slices for a total of 8 slices. Place cutlets in a large baking dish.
3. Place tamari and olive oil in a small bowl and stir well to combine. Pour mixture over tofu to evenly coat and let marinate for 10 minutes. Flip over tofu cutlets. Place garlic powder, onion powder, and nutritional yeast in a small bowl and stir together. Evenly sprinkle a heaping 1/2 teaspoon of nutritional yeast mixture over each tofu cutlet.
4. Bake for 25 minutes. Remove from the oven, and flip tofu cutlets with a spatula. Repeat evenly sprinkling remaining nutritional yeast mixture over each tofu cutlet. Bake for 20-25 minutes longer or until golden brown and crisp around the edges. Serve hot.

Mouthwatering Mashed Potatoes

Yield: 4 to 6 servings

- 3 lbs. Yukon Gold potatoes, peeled, and cut into cubes
- 3/4-1 cup soy milk, rice milk, or other non-dairy milk
- 2 tablespoons non-hydrogenated margarine or olive oil
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper or white pepper

1. In a large pot, place the cubed potatoes, cover with water, and bring to a boil. Reduce heat to low and simmer for 20 minutes or until potatoes are tender. When the potatoes are tender, drain them, reserving the cooking liquid for making soup or for use in another dish, and return the cooked potatoes to the pot.
2. Add soy milk, and using a potato masher, mash the potatoes, making the mixture as smooth or chunky as desired. Add the margarine, salt, and pepper, and stir well to combine. Taste and add additional seasoning or margarine, if desired.

Tip: Some people actually prefer their mashed potatoes chunky or with a few lumps. An old-fashioned hand potato masher works best in this instance. For those who prefer very creamy mashed potatoes, use a mixer to whip the potatoes to your desired consistency.

Variations: mashed potatoes can be varied greatly by using different potatoes and adding additional ingredients. Here are a few mouthwatering suggestions:

Roasted Garlic, Onion, or Shallot: roast 6-10 large cloves of garlic, 1 medium onion, or 2 whole shallots in the oven until golden brown, roughly chop, and then add them to potatoes during mashing.

Cheezy: stir in several tablespoons nutritional yeast flakes or 1/2 cup shredded vegan soy cheese, to the finished mashed potatoes.

(variations continued on next page)

Mouthwatering Mashed Potatoes – Variations - Continued

Country-Style: use unpeeled Yukon Gold or red-skinned potatoes, sauté 1 cup chopped onion or shallots, 1/2 cup sliced green onions, and/or 2 tablespoons garlic, and roughly mash everything together, leaving it chunky.

Celebration Sun-dried Tomato: sauté 3 tablespoons chopped garlic and 1 tablespoon chopped rosemary in olive oil, and add it along with 1/4 cup re-hydrated and chopped sun-dried tomatoes, and 1/4 cup chopped parsley to potatoes after mashing.

Groovy Onion Gravy

Yield: 4 Cups

2/3 cup whole wheat flour or other flour of choice
1 cup onion, diced
1 tablespoon olive oil
1 tablespoon garlic, minced
4 cups vegetable stock or filtered water
1/2 cup nutritional yeast powder or flakes
2 tablespoons tamari, shoyu, or Bragg Liquid Aminos
1 teaspoon rubbed sage
1 teaspoon dried thyme
1 teaspoons sea salt
1/2 teaspoon freshly ground black pepper

1. In a medium saucepan, place flour, and cook over low heat, while stirring constantly, until lightly browned and fragrant, about 2-3 minutes. Transfer browned flour to a small bowl and set aside.
2. In the same saucepan, sauté onion in olive oil, over low heat, for 3-5 minutes or until soft. Add garlic and sauté an additional 2 minutes.
3. Add vegetable stock, nutritional yeast flakes, tamari, sage, thyme, salt, and black pepper to browned flour, and whisk well to combine. Add wet ingredients to sautéed onion mixture, whisk well to combine, and continue to cook mixture, while whisking constantly, until thickened. Taste and adjust seasonings, as desired. Serve on top of your favorite vegetables, mashed potatoes, biscuits, or main dishes, or use to make sauces for casseroles, or add to soups or stews.

Tip: For those who like their gravy smooth, you can puree the finished gravy. Or strain it through a sieve, to remove the pieces of onion, if so desired. You can also make this gravy in large batches, portion it into servings, and freeze. Then just simply thaw and reheat before using.

Variations: reducing the amount of onion and adding additional ingredients can result in additional types of gravy. Here are a few suggestions:

Roasted Garlic: roast 8-10 large cloves of garlic in the oven until golden brown, these can be used in place of, or in addition to, the sautéed onion mixture.

Roasted Onion or Shallot: roast 2 medium onion or 3-4 whole shallots in the oven until golden brown, roughly chop them, and use them in place of the sautéed onion mixture.

Mushroom: sauté 4 cups chopped mushrooms, along with the onion mixture, and add an additional 2 tablespoons tamari, for a richer flavor.

Creamy: whisk in 3/4 cup soy milk or other non-dairy milk and 2-3 tablespoons additional nutritional yeast flakes, to lighten the color and flavor of the gravy.

Green Bean Casserole

Yield: 6 servings

Filling:

- 1 1/2 lb. fresh green beans, cut into 2-inch pieces
- Sea salt to taste
- 1 1/2 cups prepared Mushroom Gravy (or Roasted Garlic or Roasted Shallot Gravy -- see above)
- 1 cup soy milk, rice milk, or other non-dairy milk of choice
- 2 teaspoons nutritional yeast powder or flakes
- Freshly ground black pepper to taste
- Oil of choice for oiling pan

Topping:

- 1 1/2 whole grain bread slices
- 1 tablespoon non-hydrogenated vegan margarine
- 1 teaspoon nutritional yeast powder or flakes
- 1/8 teaspoon sea salt
- 1 (2.8-oz.) can French fried onions

1. To make the filling, place green beans in a large saucepan, cover with water, add a little salt as desired, and bring to a boil. Cover, reduce to medium heat, and cook for 6 to 8 minutes or until beans are crisp tender. Drain in a colander, rinse with cold water, and drain well again.

2. While the beans are cooking, make the topping. Tear bread slices into small pieces and place in a food processor fitted with an s-blade. Add margarine, nutritional yeast flakes, and salt and pulse several times until mixture is crumbly. Transfer mixture to a small bowl. Add French fried onions and stir well to combine.

3. Preheat oven to 400 degrees F. Lightly oil an 8x10-inch baking pan or 2-quart casserole dish.

4. Place green beans in prepared baking pan. Add Mushroom Gravy (or other gravy), soy milk, and nutritional yeast flakes and stir well to combine. Taste and season with salt and black pepper as desired and stir again. Sprinkle the topping evenly over the green bean mixture.

5. Bake for 15 to 20 minutes or until bubbling and golden brown on top. Remove from the oven. Serve hot.

Variation: Alternatively, you can steam the green beans until crisp-tender or replace them with 1 1/2 pounds frozen cut green beans (thawed).

Vegan Pie Crust

Yield: One 9-inch pie crust

- 1 1/2 cups whole wheat pastry flour or unbleached flour
- 2 tablespoons unbleached cane sugar
- 1/2 teaspoon sea salt
- 6 tablespoons non-hydrogenated margarine
- 2-3 tablespoons filtered water

1. In a medium bowl, combine flour, sugar, and salt. Using a pastry blender or fork, cut in margarine until mixture resembles coarse crumbs. Add water 1 tablespoon at a time, until dough comes together to form a ball.

2. Roll dough out between two pieces of parchment or waxed paper into a 11-12-inch circle. Remove top piece of parchment paper and flip pie crust into a 9-inch pie pan. Press pie crust firmly into the pie pan. Trim and crimp the edges of the pie crust and use as desired.

Creamy Tofu Pumpkin Pie

Yield: One 9-inch pie or 8 pieces

1 (12.3 oz.) pkg. Mori-Nu silken style tofu, extra-firm
1 (15 oz.) can pumpkin puree
1/3 cup maple syrup or agave nectar
3 tablespoons blackstrap molasses
2 teaspoons vanilla extract
1 1/2 teaspoons cinnamon
1 teaspoon ground ginger
1/2 teaspoon freshly grated nutmeg
1/4 teaspoon ground allspice or ground cloves
1 prepared 9-inch pie crust, unbaked

1. In a food processor, puree tofu for 1 minute, scrap down the sides of the container, and puree an additional 1-2 minutes until very smooth and creamy. Add remaining filling ingredients and process 30 seconds.

2. Pour filling into the prepared pie crust. Place on a cookie sheet. Bake at 350 degrees for 50-55 minutes or until filling is firm. Allow to cool before cutting.

Pecan Pie

Yield: One 9-inch pie or 8 pieces

1 prepared 9-inch pie crust, unbaked
3 cups raw pecans
2/3 cup brown rice syrup
2/3 cup maple syrup
1 tablespoon vanilla extract
1 1/2 teaspoons ground ginger
3/4 teaspoon cinnamon
1/2 teaspoon cardamom
1/4 teaspoon sea salt
1/4 cup flax seeds
1/2 cup soy milk, rice milk, or other non-dairy milk
2 teaspoons cornstarch or arrowroot

1. Place a piece of aluminum foil or parchment paper in the bottom of the prepared pie crust. Place a few handfuls of dried beans on top, and bake the crust at 350 degrees F. for 10-15 minutes or until lightly browned and dry. Remove the piece of foil and beans, and set aside to cool.

2. Place pecans on a cookie sheet and toast them at 350 degrees F. for 5 minutes. Remove from the oven and set aside.

3. In a small saucepan, combine brown rice syrup, maple syrup, vanilla, ginger, cinnamon, cardamom, and salt. Simmer over low heat for 5 minutes and then remove from the heat.

4. In a blender, finely grind flax seeds. Add soy milk and cornstarch, and process to form a gummy mixture. Add syrup mixture and blend for 1 minute.

5. Place toasted pecans in the bottom of the prebaked crust and pour syrup mixture over the pecans. Bake at 350 degrees F. for 25 minutes or until very bubbly. Allow to cool before cutting.