



11/20/20

Hello, everyone! Thank you for your oh-so-many emails! I am confident that you will enjoy the many tasty, simple options listed below.

When you're done, remember to check [EVEN's Recipe page](#) as well!

Have fun and thank you for keeping it vegan! 

 *Be grateful Give thanks Go Vegan Be grateful Give thanks Go Vegan* 

35 Vegan, Vegetarian Thanksgiving Recipes to Be Truly Thankful For

By Grant Butler – Oregonian Live

Thanksgiving is almost here. As we gear up for the big day, we're sharing some of our favorite holiday dishes from recent years. Today, we've got celebratory dishes that are perfect for a meat-free holiday meal. If you've got vegans or vegetarians coming for Thanksgiving dinner, here are 35 recipes for main dishes and sides that are sure to leave them feeling truly thankful.

Chocolate-Cranberry Coffee Cake



Chocolate Pecan Cranberry Coffee Cake, from "Vegan Chocolate," by Fran Costigan. Kate Lewis, Running Press

Here's a perfect way to start Thanksgiving day. This chocolatey coffee cake from vegan baking expert Fran Costigan features cranberries, pecans and oats. This is the perfect thing to munch on while watching the Macy's parade on TV.

[Recipe: Chocolate Pecan Cranberry Coffee Cake.](#)

Pumpkin, cranberry and chocolate muffins



Spiced Pumpkin Cranberry Muffins With Chocolate and Pecans, a recipe from vegan baking author Fran Costigan. Grant Butler, The Oregonian/OregonLive

Here's another great way to start Thanksgiving morning. These delicious pumpkin, cranberry and chocolate muffins from Fran Costigan are loaded with chocolate, and they also could be served for dessert after the big meal. And they can be made in advance, which helps cut back on kitchen work on Thanksgiving.

[Recipe: Spiced Pumpkin Cranberry Muffins With Chocolate and Pecans.](#)

Maple Pumpkin Bread



Dairy-free Maple Pumpkin Bread, a recipe by Kitchen Scoop columnist Alicia Ross. Alicia Ross, Kitchen Scoop

Here's another great way to start Thanksgiving Day. Kitchen Scoop columnist Alicia Ross came up with this easy pumpkin quick bread to satisfy guests with a dairy allergy. Applesauce and pureed pumpkin take the place of eggs. Serve it warm out of the oven with spiced apple cider or hot coffee.

[Recipe: Dairy-free Maple Pumpkin Bread.](#)

Pumpkin Seed Pate



Pumpkin Seed Pate. (Yuki Sugiura) Yuki Sugiura

Here's a dynamite appetizer that's perfect to serve on Thanksgiving when the football-watching guests are waiting for the big meal. The recipe comes together in just 10 minutes, and is perfect with crackers, vegetable sticks, or on large lettuce leaves. It will help cut the hungries until it's meal time.

[Recipe: Pumpkin Seed Pate.](#)

Mushroom and Kale Galette



Mushroom and Kale Galette, a recipe from "Food is the Solution: What to Eat to Save the World" by Matthew Prescott. Matthew Prescott, Flatiron Books

This show-stopping galette is savory, made with mushrooms, kale, eggplant and capers, plus some non-dairy yogurt for creaminess. It's perfect for Thanksgiving, when you want a pretty centerpiece meal that'll be sure to please.

[Recipe: Mushroom and Kale Galette.](#)

Polenta With Wild Mushrooms, Hazelnuts and Figs



Polenta With Wild Mushrooms, Hazelnuts and Figs, from "Pure Vegan" by Joseph Shuldiner. Emily Brooke Sandor, Chronicle Books

Here's a vegan main dish that's so jaw-droppingly beautiful it's sure to be the star of the Thanksgiving table. The combination of wild mushrooms, hazelnuts, figs and thyme evokes the earthy flavors of the Pacific Northwest. The preparation is elaborate, but this is Thanksgiving, when we go all out. To save time, you can prepare the polenta and lentils a day ahead.

[Recipe: Polenta With Wild Mushrooms, Hazelnuts and Figs.](#)

Spicy pumpkin bisque



Pumpkin Bisque, a recipe from Kitchen Scoop columnist Alicia Ross. Matthew Mead, The Associated Press

Soup makes a great first course for Thanksgiving, and this spicy soup from Melissa d'Arabian is a time-saver because it can be made the day before and rewarmed just before serving. There's a bonus to making it in advance, too: The flavors of the Thai red curry paste have time to meld with the pumpkin and apple, creating a harmonious, balanced soup.

[Recipe: Pumpkin Peanut Curry Bisque.](#)

Sweet Potato Bisque



Sweet Potato Bisque, a recipe by Kitchen Scoop columnist Alicia Ross. Alicia Ross, Kitchen Scoop

Soup is an often-overlooked opening course at the Thanksgiving table, but this glorious soup from Kitchen Scoop's Alicia Ross should seal the deal, offering a spicier sweet potato dish than what traditionally part of the holiday menu.

[Recipe: Sweet Potato Bisque.](#)

Good for any holiday



The Ultimate Christmas Roast, from "Vegan Christmas" by Gaz Oakley. Simon Smith, Quadrille Publishing

YouTube star and cookbook author Gaz Oakley created this roast as a way to celebrate a proper Welsh Christmas. But it's a perfect option for ambitious cooks wanting to make a dramatic Thanksgiving centerpiece.

[Recipe: The Ultimate Christmas Roast.](#)

The dramatic centerpiece



Roasted Stuffed Pumpkin, from "EatingWell Vegetables," by the editors of EatingWell. Photo by Meredith Corporation

Normally, the focal point of the Thanksgiving table is a roasted turkey. But this showstopping stuffed pumpkin, which can easily be adapted from vegetarian to vegan using egg and dairy substitutes, features a wonderfully seasoned bread and mushroom stuffing. Want a real splurge? Use wild mushrooms from the farmers' market instead of crimini for added foresty flavor.

[Recipe: Roasted Stuffed Pumpkin.](#)

Beet Wellingtons



Beet Wellingtons, a holiday recipe created by Portland cookbook author Ivy Manning. Motoya Nakamura, *The Oregonian/OregonLive*

Portland cookbook author Ivy Manning came up with this vegetarian riff on traditional Beef Wellingtons, with golden beets and portobello mushrooms taking the place of the beef. If you eliminate the goat cheese and the egg wash, the dish is vegan.

[Recipe: Beet Wellingtons.](#)

Baked Tempeh and Butternut Squash



Apple-Braised Tempeh and Butternut Squash Bake, a recipes from "The Easy Vegan Cookbook" by Kathy Hester. Ann Oliverio, Page Street Publishing Co.

This protein-packed dish from cookbook author Kathy Hester works as either a side dish or an entree, and is a great choice if you've been asked to bring a dish to a Thanksgiving potluck, because it travels well and its preparation couldn't be easier. In just a few minutes, you assemble all the ingredients in a baking dish, then pop it in the oven. In an hour, you've got an entree with all the must-have flavors of fall.

Recipe: [Apple-Braised Tempeh and Butternut Squash Bake.](#)

Hasselback Potatoes



Hasselback Potatoes With "Cheese" Sauce, from "Vegan Christmas" by Gaz Oakley. Simon Smith, Quadrille Publishing

Here's another Gaz Oakley recipe that brings elegance to the Thanksgiving table.

Recipe: Hasselback Potatoes With "Cheese" Sauce.

Next-level sprouts



Sexy Sprouts with Coconut Bacon, from "Vegan Christmas" by Gaz Oakley. Simon Smith, Quadrille Publishing

Gaz Oakley's take on holiday Brussels sprouts adds coconut bacon, which adds a delicious bit of salt and sweetness to the savory sprouts.

Recipe: [Sexy Sprouts with Coconut Bacon.](#)

Squashy 'Mac & Cheese'



Better Not Squash Mac & Cheese, from Maya Sozer's "Easy Vegan Breakfasts & Lunches." Maya Sozer, Page Street Publishing Co.

Macaroni and cheese is a common Thanksgiving side dish in some parts of the country. And why not? It's rich and comforting, and in this squash-loaded version from cookbook author Maya Sozer, it's completely vegan-friendly.

[Recipe: Better Not Squash Mac & Cheese.](#)

Nutty Curry-stuffed Pumpkins



Nutty Curry-Stuffed Pumpkins from "Big Vegan" by Robin Asbell. Katie Sears, Chronicle Books

These colorful, single-serve stuffed pumpkins from cookbook author Robin Asbell are speckled with golden millet, green jalapeño and crunchy nuts, and finished with just a touch of coconut. They are a perfect main course for Thanksgiving, and are a fun way to use the mini pumpkins you find in a lot of grocery stores right now, though you can use other small squashes.

[Recipe: Nutty Curry-stuffed Pumpkins.](#)

Butternut Squash Crepes



Butternut Squash, Mushroom and Sage Crepes, "Candle 79 Cookbook," by Joy Pierson, Angel Ramos, and Jorge Pineda. Rita Maas, Ten Speed Press

This elegant entree from New York City's acclaimed Candle 79 restaurant features key Thanksgiving flavors, including sage and squash. Splurge a little on high-quality wild mushrooms to achieve the greatest depth of flavor.

[Recipe: Butternut Squash, Mushroom and Sage Crepes.](#)

Roasted Acorn Squash With Sesame Seeds



Roasted Acorn Squash With Sesame Seeds and Cumin, from "Martha Stewart's Vegetables" by the Editors of Martha Stewart Living. David Prince, Penguin Random House

Here's a dandy Thanksgiving side dish from "Martha Stewart's Vegetables." The beauty of acorn squash is that its skin is tender when roasted, making it totally edible. Acorn squash also adapts to a wide variety of flavors. Here, sesame seeds and cumin give it the warmth of the Mediterranean.

[Recipe: Roasted Acorn Squash With Sesame Seeds and Cumin.](#)

Brussels Sprouts With Grapes



Brussels Sprouts With Red Grapes. Nathan Hostler, Special to The Oregonian/OregonLive

Joan Harvey came up with this terrific Thanksgiving side dish, which uses seedless red grapes as a sweet counterpoint to the savory flavor of sprouts.

[Recipe: Roasted Brussels Sprouts With Red Grapes.](#)

Salt-baked potatoes



Salt Roasted Potatoes, Shallots and Chestnuts, from "Martha Stewart's Vegetables" by the Editors of Martha Stewart Living. Marcus Nilsson, Penguin Random House

Here's a side dish from Martha Stewart that's perfect for both Thanksgiving and Christmas. Fingerling potatoes, shallots and chestnuts are roasted under a blanket of coarse salt, which locks in flavor and moisture. When the roasting is done, discard any excess salt, slice the potatoes and serve.

Recipe: Salt-baked Potatoes, Shallots and Chestnuts.

Sweet potato soup



Sweet Potato, Lime and Peanut Soup, from "A Modern Way to Cook" by Anna Jones, 2016, Ten Speed Press. (Photo by Matt Russell)

We do some disgusting things to sweet potatoes for Thanksgiving, dousing them with sugar and marshmallows, then baking them until they're mush. Here's a better option: A rich, silky soup with a crunchy topping of peanuts and fried shallots. It's a great opening course for the rest of the holiday meal.

[Recipe: Sweet Potato, Lime and Peanut Soup.](#)

Soy Curls and Mushroom Gravy



Thanksgiving Soy Curls With Mashed Potatoes and Mushroom Gravy. Grant Butler, The Oregonian/OregonLive

The flavors of Thanksgiving come through in the seasonings for this soy curl and mushroom gravy combo. Serve over fluffy mashed potatoes, wild rice or your favorite stuffing.

[Recipe: Thanksgiving Soy Curls With Mushroom Gravy.](#)

Stuffed acorn squash



Winter Citrus, Mushroom and Farro Stuffed Acorn Squash. Matthew Mead, The Associated Press

Here's a great vegan entrée that's worthy of the Thanksgiving table. Roasting acorn squash brings out its natural sugar, which is accentuated by lemon, and given a savory counterpoint with umami-rich mushrooms and nutty farro.

[Recipe: Winter Citrus, Mushroom and Farro Stuffed Acorn Squash.](#)

Roasted squash tart



Roasted Butternut and Herb Tart. Matthew Mead, The Associated Press

Butternut squash is one of the flavor workhorses of the Thanksgiving table, though it's rarely as elegant as this side dish, which layers paper-thin slices of squash and Yukon gold potatoes.

[Recipe: Roasted Butternut and Herb Tart.](#)

Cranberry Compote



Cranberry Compote, from "Home: Recipes to Cook With Family and Friends" by Bryan Voltaggio. Reprinted with permission from Little, Brown and Company. (Photo by Ed Anderson) Ed Anderson

Celebrity chef Bryan Voltaggio (of "Top Chef" fame) shares this terrific addition to Thanksgiving dinner. It gets layers of flavor from chamomile tea, jalapeno and spices like allspice and cinnamon. Sweet Reisling brings it all together. This is the new gold standard for cranberry side dishes.

[Recipe: Bryan Voltaggio's Cranberry Compote.](#)

Cranberry Pecan Relish



Cranberries.Pixabay

Looking for an easier approach to Thanksgiving cranberries? This relish from Park Kitchen's David Sapp is sweet and crunchy, offering a nice flavor counterpoint to the richness of the holiday table. And it's easy to make, coming together in just 10 minutes.

[Recipe: Cranberry Pecan Relish.](#)

Green Rice Casserole



Green Rice Casserole, a vegan adaptation of a rice dish originally served at the Kansas City restaurant Stephenson's Apple Farm.

The original recipe for this dish dates back more than 50 years and comes from the long-gone Kansas City-area restaurant Stephenson's Apple Farm. This updated version uses plant-based substitutions for the dairy and egg, without compromising the dish's vibrant flavors.

[Recipe: Stephenson's Apple Farm Green Rice Casserole.](#)

Ned Ludd's Charred Bruss



Ned Ludd's charred brussels sprouts are a perfect Thanksgiving recipes, thanks to their simplicity. (Dave Killen, The Oregonian/OregonLive)LC- The Oregonian

Brussels sprouts get the respect they deserve from Ned Ludd chef Jason French with this perfect Thanksgiving side dish. He flash roasts them in a searing-hot cast-iron skilled, which turns them into sweet, charred beauties that diners gobble up like candy. The crowning touch is a finish of fresh lemon juice, which brings the dish's flavors all together.

[Recipe: Ned Ludd's Charred Bruss.](#)

Baked Penne With Pumpkin Cream Sauce



Baked Penne With Pumpkin Cream Sauce, a recipe from Portland cookbook author Julie Hasson's "Vegan Casseroles." Felicia Perretti, Running Press

This casserole dish from Portland cookbook author Julie Hasson is a new favorite. The sauce has a hint of sweetness from the pumpkin but has a nice savory flavor from the sage and onions.

Recipe: Baked Penne With Pumpkin Cream Sauce and Buttery Crumb Topping.

Beet salad



Roasted Beet and Citrus Salad.

Salad often is overlooked at Thanksgiving. After all, how can a bowl of blah greens hope to compete against all the other dishes? But it gets some respect with this flavorful salad, featuring robust roasted beets and the zing of citrus.

[Recipe: Roasted Beet and Citrus Salad.](#)

Couscous in squash



Toasted Israeli Couscous in Winter Squash Cases. Grant Butler, The Oregonian/OregonLive

This Thanksgiving dish features cinnamon and orange, and is the perfect blend of Moroccan and autumn flavors. You can use smaller squash like delicate for individual servings. Or use butternut squash, which will make four to six servings. You can substitute regular couscous, rice or quinoa for the Israeli couscous, if you like.

[Recipe: Toasted Israeli Couscous in Winter Squash Cases.](#)

Green Beans With Mushrooms



Green beans.Pixabay

An alternative to the classic green bean casserole that's made even better if you spring for porcini or chanterelles, which are more expensive than your garden-variety mushrooms, but have a more intense foresty flavor.

[Recipe: Green Beans With Mushrooms.](#)

Cranberry-Orange Relish



Cranberry-Orange Relish.

This recipe has been a favorite since it was first published in Martha Stewart Living magazine in 1995. It's unique because it has jalapeño in it, though the heat mellows significantly if you make the relish a day in advance, which helps the flavors combine.

Recipe: Cranberry-Orange Relish.

Miso-glazed Green Beans



Miso-Glazed Green Beans

This recipe from cookbook author Jill Nussinow is a lighter side dish option for Thanksgiving (it has less than a gram of fat per serving), but it's loaded with flavor, thanks to its glaze made with white miso and Medjool dates.

[Recipe: Miso-Drizzled Green Beans.](#)

Pumpkin Crunch Pie



Pumpkin Crunch Pie.

It's not Thanksgiving without at least one slice of pumpkin pie. This recipe from Melissa d'Arabian uses silken tofu as a magical substitution for eggs and cream. Your guests will never guess there's tofu in this dessert – unless you tell them.

Recipe: Lightened Pumpkin Crunch Pie.

Source: Grant Butler, The Oregonian

♥ *Be grateful Give thanks Go Vegan* ♥

Gratitude unlocks the fullness of life.

It turns what we have into enough, and more.

***It turns denial into acceptance, chaos to order,
confusion to clarity.***

***It can turn a meal into a feast, a house into a home, a
stranger into a friend.***

***Gratitude makes sense of our past, brings peace for
today, and creates a vision for tomorrow.***

— Melody Beattie

28 Vegan Thanksgiving Sides

You Need to Try

By Christina Herbst, Taste of Home

These vegan Thanksgiving sides prove you don't need meat or dairy to add festive flavor to your holiday dinner.

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[Crusty Homemade Bread](#)

Crackling homemade bread makes an average day extraordinary. Enjoy this beautiful crusty bread recipe as is, or stir in a few favorites like cheese, garlic, herbs and dried fruits. Pair it with your favorite [vegan turkey alternative](#). —Megumi Garcia, Milwaukee, Wisconsin

[Get Recipe](#)



[Vegan Green Bean Casserole](#)

Now everyone can enjoy this classic Thanksgiving side. Just a few small tweaks make this a vegan green bean casserole, but no one will taste the difference! —Taste of Home Test Kitchen

[Get Recipe](#)



Courtesy avirtualvegan.com

[Cranberry Sauce](#)

Bring on the cranberry sauce! This [vegan version](#) is just what you need on your vegan-friendly Thanksgiving table. Plus, this recipe can be made on the stovetop or in your trusty Instant Pot.

[Get Recipe](#)



[Mushroom and Sweet Potato Potpie](#)

The last time I was in the U.S., I had an amazing mushroom and beer pot pie at a small brewpub. It was so rich and comforting. I tried numerous versions when I got home and I think I've come pretty close! — Iben Ravn, Copenhagen, Denmark

[Get Recipe](#)



Courtesy runningonrealfood.com

[Vegan Stuffing](#)

Filled with fresh bread, onion, celery and carrots, [Running on Real Food's vegan stuffing recipe](#) will leave you, well, stuffed. If you're looking for even more festive flavor, she recommends throwing cranberries, chopped nuts, diced apples or chopped mushrooms into the mix.

[Get Recipe](#)



Pomegranate Persimmon Salad

To bring some sunshine to the table, I toss up a bright salad of persimmons and pomegranate seeds, dressed with a puckery vinaigrette.

—Linda Tambunan, Dublin, California

[Get Recipe](#)



Courtesy simple-veganista.com

[Vegan Cornbread](#)

Vegans, rejoice! You can now savor in the sweet, flaky goodness of cornbread—without the eggs and butter. Save a serving of this [vegan cornbread recipe](#) to enjoy alongside your [Thanksgiving leftover meal](#) the next day (you'll thank me later).

[Get Recipe](#)



[Maple-Glazed Acorn Squash](#)

With a maple syrup and brown sugar glaze, this squash becomes pleasantly sweet. This is comfort food—easy to prepare and a tasty pairing with a pork entree. —Nancy Mueller, Menomonee Falls, Wisconsin

[Get Recipe](#)



[Roasted Carrots & Fennel](#)

This addictive vegetable combo is a fresh take on one of my mother's standard wintertime dishes. I usually add more carrots—as many as the pans will hold. —Lily Julow, Lawrenceville, Georgia

[Get Recipe](#)



[Mediterranean Mashed Potatoes](#)

It's hard for our family to imagine eating mashed potatoes any other way but this. It tastes great on its own or drizzled with tahini sauce. —Nikki Haddad, Germantown, Maryland

[Get Recipe](#)



Red Wine & Cranberry Poached Pears

While being poached, the pear absorbs the sweetness and spice from the sugar, wine, cinnamon and peppercorn. It makes an easy, yet elegant, dessert that's perfect for a special night. —Kiersten Atkinson, Birmingham, Alabama

[Get Recipe](#)



Roasted Pumpkin and Brussels Sprouts

While traveling to Taiwan, I had the pleasure of trying a unique vegetable dish that included fresh pumpkin. It inspired me to roast pumpkin with Brussels sprouts. —Pam Correll, Brockport, Pennsylvania
[Get Recipe](#)



[Citrus Sweet Potatoes](#)

A mild orange glaze lets the taste of sweet potatoes shine through in this nut-topped side dish. When I was dating my husband, my mother would make this whenever he'd come over for Sunday dinner. We've been married more than 40 years, and he thinks I can make it almost as well as Mom did. —Pauline Kelley, St. Peters, Missouri

[Get Recipe](#)



[Garlic-Herb Fried Patty Pan Squash](#)

The first time I grew a garden, I harvested summer squash and cooked it with garlic and herbs. This fried patty pan squash recipe is a creative twist. —Kaycee Mason, Siloam Springs, Arkansas

[Get Recipe](#)



Rice Pilaf with Apples & Raisins

I love making bulgar pilaf with apricots. So glad I tried it with dried apples and golden raisins! —Elizabeth Dumont, Madison, Mississippi
[Get Recipe](#)



[Green Beans in Red Pepper Sauce](#)

For easy veggies, I make a simple sauce of sweet red peppers, almonds and parsley. We also like this sauce with zucchini or roasted cauliflower.
—Elisabeth Larsen, Pleasant Grove, Utah

[Get Recipe](#)



[Grilled Cauliflower Wedges](#)

This meal is incredibly easy, yet is packed with flavor and looks like a dish from a five-star restaurant. The grill leaves the cauliflower cooked but crisp, and the red pepper flakes add bite. —Carmel Hall, San Francisco, California

[Get Recipe](#)



[Beets in Orange Sauce](#)

To ensure your family eats their veggies, why not top your beets with an irresistible orange glaze! —Taste of Home Test Kitchen

[Get Recipe](#)



[Shredded Gingered Brussels Sprouts](#)

Even people who normally don't care for Brussels sprouts will ask for a second helping of these. —James Schend, *Taste of Home* Deputy Editor
[Get Recipe](#)



[Air-Fryer Herb and Lemon Cauliflower](#)

This air-fryer cauliflower side is easy to prepare with just a few ingredients. Crushed red pepper flakes add a touch of heat. —Susan Hein, Burlington, Wisconsin

[Get Recipe](#)



[Warm, Tasty Greens with Garlic](#)

My farm box had too many greens, so I had to use them up. This tasty idea uses kale, tomatoes and garlic in a dish that quickly disappears. — Martha Neth, Aurora, Colorado

[Get Recipe](#)



[Sweet Potato Lentil Stew](#)

I fell in love with the spicy aromas in this slow-cooked lentil stew. Add whatever ingredients you have on hand, like zucchini, spinach, kale and corn. —Heather Gray, Little Rock, Arkansas

[Get Recipe](#)



[Cider Baked Squash](#)

I'm a freelance writer who sometimes needs a break from a long session of working on a story. That's when I escape to the kitchen to whip up something that's good to eat, yet easy to prepare. This is one of my favorites! —Christine Gibson, Fontana, Wisconsin

[Get Recipe](#)



Sweet Potatoes with Cilantro Black Beans

As a vegan, I'm always looking for impressive dishes to share. Sweet potatoes loaded with beans and a touch of peanut butter are one of my mom's favorites. —Kayla Capper, Ojai, California

[Get Recipe](#)



[Air-Fryer Roasted Green Beans](#)

Our family loves roasted green beans, but they can take a long time in the oven. I tried these air-fryer green beans and we loved them! — Courtney Stultz, Weir, Kansas

[Get Recipe](#)



[Oven-Roasted Spiced Carrots](#)

I started roasting veggies and serving them often with dinner. Now my children say, “Is it OK to finish the veggies?” Pinch me. —Joan Duckworth, Lee’s Summit, Missouri

[Get Recipe](#)



[Air-Fryer Red Potatoes](#)

Roasting is one of my favorite ways to prepare veggies. Some fragrant rosemary, fresh or dried, gives these air-fryer red potatoes a distinctive but subtle taste. The dish is simple to prepare, yet elegant in color and flavor. It's a wonderful addition to any menu. —Margie Wampler, Butler, Pennsylvania

[Get Recipe](#)



[Maple-Walnut Sweet Potatoes](#)

Topped with dried cherries and walnuts, this side is downright delicious. Even people who aren't into sweet potatoes will grab a second scoop. — Sarah Herse, Brooklyn, New York

[Get Recipe](#)

♥ *Be grateful Give thanks Go Vegan* ♥

12 Gluten-Free Vegan Pasta Brands That Taste Amazing

BY: [Mohini Patel](#)



Pasta is the ultimate comfort food, and it's now made with beans, legumes, rice, and even hearts of palm! These 12 gluten-free and vegan pasta brands are must-haves to whip up warm mac 'n' cheese or pasta Bolognese.

The Only Bean

[The Only Bean](#) is exactly that—a one-ingredient, bean-based noodle! The edamame fettuccine provides 25g of plant protein and 11g of fiber per serving from organic edamame beans. The easy-to-prepare noodles require only 4-5 minutes to cook and make for a great addition to a cold noodle salad or a veggie stir-fry. Check out their website for plant-based recipes.



Tolerant Foods

Tolerant Foods lentil-based pasta comes in various designs—we're talking letters, animals, and space-inspired shapes! These aren't just for kids though, as we love that they are high in protein and crafted with just one ingredient—red lentils, green lentils, or chickpeas. The fall season calls for warm vegan chick'n alphabet soup.



Banza

Chickpeas—the main ingredient in Banza—are high in protein, vitamins, and minerals. The cooked penne, wheels, shells, and more provide a similar texture to good ole al dente wheat pasta, making them an ideal substitute for those looking for a gluten-free alternative.



Natural Heaven

Natural Heaven pasta available in three varieties—angel hair, spaghetti, and lasagna—is made with hearts of palm. You heard right! The mildly flavored plant is shaped into nostalgic noodles and ready to use in your favorite dish for a lighter meal.



Barilla

Barilla is known for their classic blue box and wheat-based options. Their gluten-free corn and rice pasta and newer legume-based line (in penne, rotini, casarecce, and spaghetti) do not disappoint.



Explore Cuisine

Explore Cuisine crafts noodles in all shapes and sizes—everything from fettuccine to fusilli and rigatoni. Boil water, dump in a box of Explore Cuisine, and serve with [vegan pasta sauce](#).



Trader Joe's

Trader Joe's released a new hearts of palm linguine this fall—and it flew off the shelf. The product uses lower carb and higher fiber hearts of palm that highlights the flavor of sauces, spices, and roasted veggies. We love to douse it in vegan pesto and a sprinkle of cashew parm.



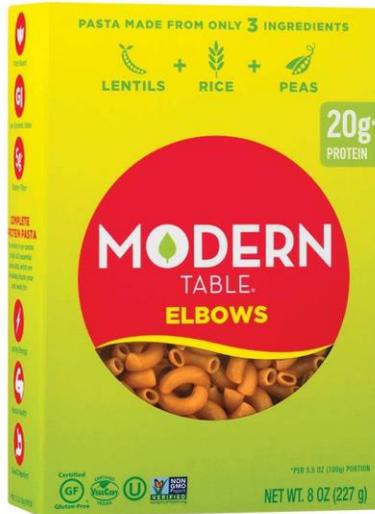
Photo credit: eatingwell.com

Thrive Market

Thrive Market has you covered with pantry staples including gluten free, vegan pasta alternatives. Choose from brown rice, chickpea, and even a supergrains version (made with sorghum, quinoa, amaranth, and chia flour), all organic and vegan.



Modern Table



Modern Table developed a recipe consisting of a blend of peas, rice, and lentils to achieve a taste and texture ideal for any dish. The options are endless—whip up a cold pasta salad or throw into a warm chili for a nutritionally balanced meal.

Tinkyada

All 18 varieties of Tinkyada products are made using brown rice and water and offered in both organic and non-GMO options. The preparation is simple, just cook in boiling water for 1-2 minutes, switch off the stove, and cover the pot for 20 minutes before it's ready to serve.



Cybele's Superfood

Cybele's Free to Eat strives to provide foods that cater to allergies. The brand's lentil- and vegetable-based rotini, elbows, penne, and shells have added kale, cauliflower, beet, spinach, carrot, and more—an ideal way to sneak in some extra vitamins and minerals to an already veggie-full meal.



Jovial

Jovial offers a grain-free option that utilizes cassava flour instead of rice and legumes, formulated without gums, starches, or lectins for those eating paleo. Cassava flour works similarly to its brown rice counterpart—with the end product cooking up to a firm texture.



Source: Vegout Magazine

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Vegan Turkey Alternatives for Thanksgiving

by The VRG Blog Editor

Are you looking for some alternatives to Turkey this Thanksgiving? Fortunately, there are many options today.



Field Roast offers these choices:

1. Celebration Roast with Traditional Bread Stuffing and Gravy – made with fresh onions, celery, cranberries and butternut squash.



2. Hazelnut Cranberry Roast en Croute – a rich, hazelnut-infused grain meat stuffed with Field Roast sausages, crystallized ginger, cranberries and apples – wrapped in a savory puff pastry. It's even Toaster Oven friendly!

See: <https://fieldroast.com/products/field-roast/>



No Evil Foods offers The Pardon. See: <https://www.noevilfoods.com/products/the-pardon/>

Tofurky offers Tofurky Roast and Gravy. The Roast includes stuffing.



They also have a Ham Style Roast. For details see: <https://tofurky.com/what-we-make/roasts/ham-roast/>

Vegetarian Plus offers a Vegan Whole Turk'y with Gravy and Stuffing. It is available through Vegan Essentials online:

<https://store.veganesentials.com/vegan-whole-turkey-by-vegetarian-plus-p3801.aspx>



Source: [Vegetarian Resource Group Blog](#)

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3 Thanksgiving-Inspired Vegan Recipes

By Samantha Cox

The holidays can be a nightmare for vegetarians, vegans and others with dietary restrictions. Staple Thanksgiving dishes include ham, turkey and buttery mashed potatoes—nothing suitable for those avoiding animal products. With more and more people trying to cut down on animal products and byproducts, there are more options for holiday dishes. Read along for a few simple recipes to try during the holidays that will impress your loved ones.



Sweet Potato Casserole

Sweet potatoes are a staple dish for the holidays. This recipe is a bit sweet and can even be eaten as a dessert. While simple, this dish is one to keep in the books.

Ingredients:

6 Sweet potatoes (or yams)

½ cup Soy/Oat milk

¼ cup Brown sugar

2 tbsp Vegan butter (Earth Balance is a good one that's widely available)

1 tsp Vanilla extract

1 tsp Cinnamon

¼ tsp Nutmeg

¾ cup Pecans

Step 1: Preheat the oven to 350 F

Step 2: Peel and chop the sweet potatoes and boil for about 10 minutes, or when the potatoes can be easily poked through with a fork.

Step 3: Drain the water and let the sweet potatoes sit for about 5 minutes.

Step 4: Add all of the ingredients together, except for the pecans, and mash together with a whisk or potato masher.

Step 5: Transfer to a casserole dish and spread the mixture evenly.

Step 6: Top with pecans and bake for 20-30 minutes.

Step 7: Remove from the oven and let sit for 5-10 minutes.

Step 8: Enjoy!

Green Bean Casserole

Green beans can be easily made into a delicious side dish that everyone will enjoy. This recipe is simple yet elevates green beans in a way that will make you never enjoy plain ol' green beans again.

Ingredients:

1 pound of green beans

Salt and pepper (for taste)

2 tbsp vegan butter

1 shallot

2 cloves of garlic

1 cup of cremini mushrooms

2 tbsp all-purpose flour

$\frac{3}{4}$ cup of vegetable broth

1 cup of almond milk

1 cup of crispy fried onions (make your own, or Trader Joe's brand is typical vegan-friendly)

Step 1: Preheat the oven to 425 F.

Step 2: Bring a large pot of salted water to a boil and cook green beans for about 5 minutes, or until soft.

Step 3: Drain green beans and set to the side.

Step 4: In a large skillet, combine vegan butter, shallots and garlic and cook on medium heat for 3-4 minutes.

Step 5: Add mushrooms, salt and pepper and stir. Cook for 3-4 minutes.

Step 6: Sprinkle flour to coat the veggies.

Step 7: Add almond milk and season for taste, then cook for 5-7 minutes until the mixture thickens.

Step 8: Remove from heat and add fried onions.

Step 9: Top with more fried onions and bake for 15 minutes.

Step 10: Remove from the oven and serve.

Mashed Potatoes



Potatoes of all kinds are essential for every holiday meal. These mashed potatoes can easily be adapted to suit a vegan diet.

Ingredients:

6-8 medium golden potatoes

1 tsp sea salt

½ tsp black pepper

5-6 cloves of garlic

5 tbsp butter

¼ cup of chives

Step 1: Peel and cut potatoes in half, and then place in boiling water for 30 minutes or until soft.

Step 2: Drain potatoes and let sit for 2 minutes.

Step 3: Mash potatoes until smooth.

Step 4: Add in vegan butter, salt, pepper and garlic and mix.

Step 5: Top with fresh chives and your favorite vegan gravy if desired.

Step 6: Enjoy!

Source: digmagonline

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May our daily choices be a reflection of our deepest values, and may we use our voices to speak for those who need us most, those who have no voice, those who have no choice.

- [Colleen Patrick-Goudreau](#) or visit [The Joyful Vegan](#)

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ANIMALS ARE **NOT** OURS

TO EAT, WEAR, EXPERIMENT ON, USE FOR ENTERTAINMENT, OR ABUSE IN ANY OTHER WAY. ▶

“PETA is eager to help everyone have a delicious ThanksVegan meal that leaves gentle birds off the table,” says **PETA President Ingrid Newkirk**. “When it comes to having feelings, loving their families, and valuing their lives, turkeys are individuals, just as much as humans are.”

More than 46 million turkeys are killed each year for Thanksgiving alone, and most of them are just babies, under 26 weeks old, when they’re hung upside down and dragged through an electrified bath. They’re often still conscious when their throats are slit and they’re dumped into scalding-hot defeathering tanks.

PETA’s #ThanksVegan campaign also includes pro-turkey “I’m ME, Not MEAT” billboards across the country; its [“Grace” TV ad](#), in which a little girl makes some pointed comments while saying grace at the dinner table; protests outside turkey slaughterhouses, which are COVID-19 hotspots; and partnerships with restaurants and grocery stores to promote animal-free options.

PETA—whose motto reads, in part, that “animals are not ours to eat”—opposes speciesism, a human-supremacist worldview. For more information, please visit [PETA.org](#)

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It's Becoming A Vegan World After All

By Heather Moore, a senior writer for the PETA Foundation

November is World Vegan Month — or, as I like to call it, “Vegan World Month.” More and more people around the globe have been buying vegan foods ever since the pandemic began. **Chef’s Pencil**, a food-focused media outlet, recently analyzed the number of vegan search terms made around the world and concluded that vegan living is now “twice as popular as it was just five years ago” and that it “doesn’t show any signs of slowing down.”

While the surge in vegan popularity is largely because of COVID-19 — vegan foods have never caused a pandemic, after all — people are also becoming increasingly concerned about animal rights and the environment.

But regardless of the reasons, **the global shift toward vegan living is worth celebrating.**

In a vegan world, there will be fewer animal-borne diseases, and fewer people will be afflicted with heart disease, diabetes, cancer and other diet-related illnesses. Greenhouse gases will be dramatically reduced, animal waste won’t taint our waterways and our resources won’t be squandered on animal agriculture. Billions of animals will be spared intense pain and suffering, and factory farmers and slaughterhouse workers can find safe and humane work in the ever-growing vegan food movement.

We don’t live in a vegan world yet, but vegan living is taking hold around the globe, from Australia to the United Kingdom.

New vegans are sprouting up in the U.S., too: **There's been a 300 percent increase in the past 15 years. That's 9.7 million American vegans, according to Chef's Pencil.**

A recent OnePoll survey of 28,000 people in 30 countries — including 2,000 Americans — indicates that many people have been eating more vegan foods during the pandemic. Most of the survey participants who've made changes say that they did so because they had more time to research healthier eating habits. Others indicated that it was because of the high cost of animal-based foods or because they didn't "trust" meat after the pandemic.

Perhaps that's why **sales of tofu skyrocketed after COVID-19 hit the U.S.** Data from Nielsen, which tracks more than 900,000 stores in 100 countries, show that tofu sales were 40 percent higher in the first half of 2020 than they were the previous year. Sales of the versatile soy food soared in the U.K. as well, up by 87 percent in the 12 weeks leading up to June.

Even before the World Health Organization declared the coronavirus a pandemic, shoppers were stocking up on dairy-free milks. Nielsen reported that oat milk sales rose by 305 percent in the week ending Feb. 22, as consumers likely realized that perishable foods like cow's milk might become harder to find.

We have a long way to go — both in the U.S. and abroad — before we can all break into a chorus of "it's a vegan world after all." But we're moving in the right direction. So, this November, whether you want to call it World Vegan Month or Vegan World Month, tell everyone you know that it's a good time to go vegan — for animals, our health, and the planet.

Source: Sentinel Source, Keene, NH

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The problem is that humans have victimized animals to such a degree that they are not even considered victims.

They are not considered at all.

They are nothing.

They don't count; they don't matter;

they're commodities like TV sets and cell phones.

We have actually turned animals into inanimate objects--sandwiches and shoes.

The greatest magic trick ever performed!

- [Gary Yourofsky](#) or visit [ADAPTT](#)

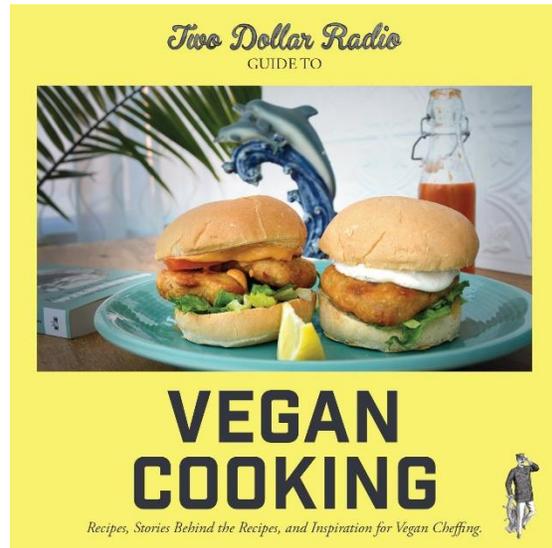


[Peaceful Prairie Sanctuary](#)

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Two Dollar Radio - Guide to Vegan Cooking

The **Two Dollar Radio - Guide to Vegan Cooking** is a distinctively imaginative spin on a cookbook that could only come from the minds at Two Dollar Radio, combining equal-parts vegan cheffing prowess, humorous stories of adventure and mystery, and punk rock. Imagine *Parts Unknown* with Anthony Bourdain, but focused on hyping vegan food, and then crossed with *Scooby Doo!*



[Click for full PDF](#)



What They're Saying About The Two Dollar Radio – Guide to Vegan Cooking:

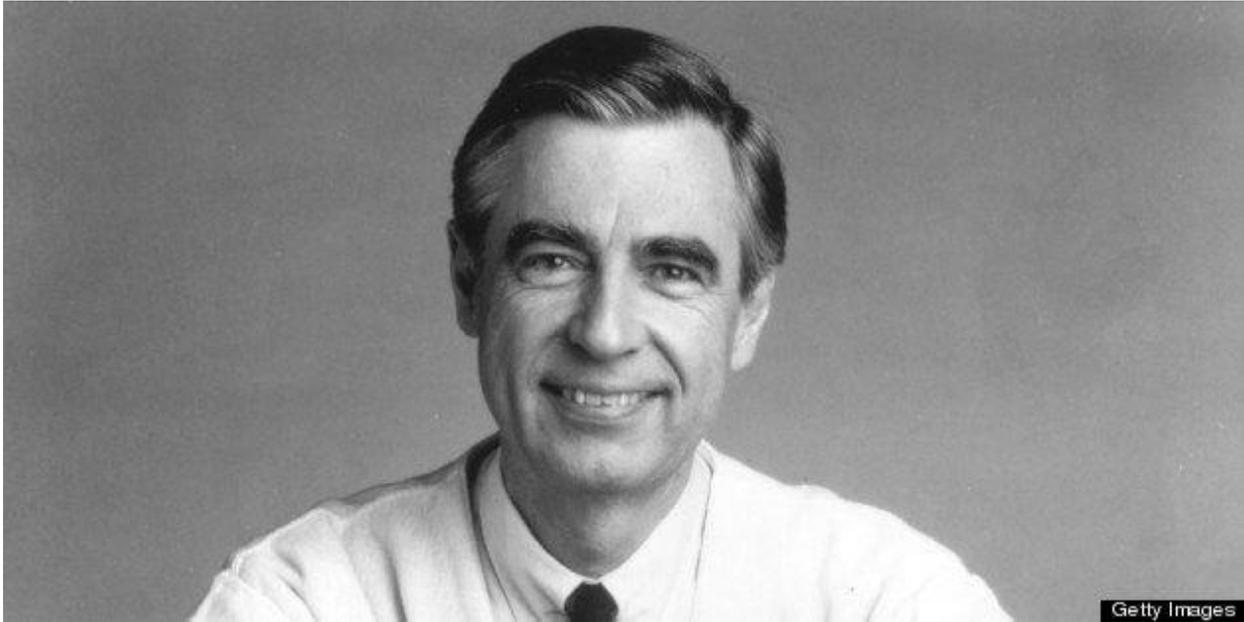
"Three years after opening a bookstore and café with a bar in Columbus, Ohio, indie publisher Two Dollar Radio is combining its expertise in publishing with the culinary expertise of its two chefs on staff to produce the kind of cookbook that only the unconventional and multifaceted company would create."
—Publishers Weekly

"Can't find a store-bought dairy-free cheese you like? Make your own. Made with simple ingredients you can find anywhere, this dairy-free queso comes together with just a quick blitz in the blender. Drizzle it over tacos, douse it over nachos, swap it with traditional pizza sauce, or toss it with penne for a buffalo-style mac and cheese. Your imagination is your only limitation—this sauce is fantastic on everything!" —Switch4Good

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What Would Mister Rogers Eat? Thanksgiving in the Neighborhood

By Huffington Post



Fred Rogers, The Host Of The Children's Television Series, 'Mr. Rogers' Neighborhood,' (Photo By Getty Images)

What would Fred Rogers eat for Thanksgiving? There's one thing we know for certain: He was not inclined to bow his head and offer thanks for a roasted turkey, let alone to carve and consume it. "I don't want to eat anything that has a mother," he often said.

Rogers stopped eating meat, fish, and fowl, including succulent turkey, in the early 1970s, not long after Frances Moore Lappe published *Diet for a Small Planet*, a major critique of meat production and a compelling argument for a plant-based diet that can help alleviate world hunger.

"I want to be a vehicle for God, to spread his message of love and peace," Rogers stated when explaining his vegetarianism in 1983.

Rogers was one of the rare Christian ministers at this point who believed that treating animals nonviolently and embracing a

vegetarian lifestyle are deeply spiritual practices that bear witness to God's love for animals.

While Rogers wanted us to understand that loving animals means, at a bare minimum, not eating them, he also wanted us to develop everyday empathy for these so-called "lesser creatures." In the 1960s he even took up the cause of dyed Easter chicks, penning a song titled "Don't Pick on the Peeps." One of the lyrics is quintessential Rogers: "Well, how do you think the chickens feel?"

And he said this about his commitment to vegetarianism: **"Part of it has to do with the animals—it's hard to eat something you've seen walking around."**

The empathetic Rogers simply could not stomach the thought of eating lambs strolling through green pastures beside the still waters.

Well, how would you feel if someone wanted to eat you?

It's no surprise that his vegetarianism had to do with his love for children too. In the 1983 interview, he stated **that when children "discover the connection between meal and animals, many children get very concerned about it."**

With this concern in mind, Rogers steadfastly refused to show images of people eating animals on *Mister Rogers' Neighborhood*. Although a 1982 episode includes footage from a full-service restaurant, there's not one image of meat, fowl, or fish. And an entire 1984 series on food avoids any mention of eating animals.

In the Neighborhood, animals are for enjoying, nurturing, and loving—not for chewing, swallowing, and digesting.

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Turkeys Are Too Neat to Eat

By Karen Davis, PhD, President of United Poultry Concerns & author of *More Than a Meal: The Turkey in History, Myth, Ritual, and Reality*.



Photo by John H. Sheally, The Virginian-Pilot

Karen & Florence at [United Poultry Concerns \(UPC\)](#)

I grew up in Blair County, Pennsylvania, where sport hunting was expected of men and boys. Schools closed on the first day of deer season, and probably still do. My father, a trial lawyer and Blair County District Attorney, hunted rabbits as well as ring-necked pheasants who were pen-raised and handfed strictly to be released and shot, helpless and bewildered, in the woods for sport. My father said he didn't hunt deer because he didn't want to have to lug them to the car. His defense of rabbit hunting was "everything hunts the rabbit."

My father and his friends hunted grouse, squirrels, and small birds, but I don't recall anything about turkeys. Maybe they were "too big."

My first encounter with turkeys took place in the 1980s at a sanctuary in Avondale, Pennsylvania, where I worked one summer as a volunteer. The turkeys I met at the sanctuary were not wild. They all came from the meat

industry. There was a flock of white turkey hens, about twenty, and two bronze turkeys named Milton and Doris.

One of the things that impressed me then, and has stayed in my mind ever since, was the way the turkeys' voices, their "yelps," floated about the place in what seemed like an infinitely plaintive refrain. Another was how one or more of the turkey hens would suddenly sit down beside me in the midst of my work, rigid and quivering, with her wings stiff and her head held high, awaiting my attention.

The faces of turkeys are fine-boned, and their eyes are large, dark, and almond-shaped. Doris, the bronze hen, wandered about the farmyard all day by herself like an eternal embodiment of a "lost call," the call of a young turkey who has strayed from its mother to locate and rejoin the family. Doris had a large, soft breast that felt sad to me whenever I picked her up. Milton, the male turkey, followed me and others around the yard on his thick gouty legs and swollen feet. (One of the many cruelties of turkeys bred for the meat industry is that they can hardly walk due to the overweight pressing on their legs and hips, yet turkeys evolved in nature to walk and run speedily on their long, strong legs up the sides of mountains, over meadows and straight across streams. Wild turkeys are swimmers as well!)

Milton's dark eyes watched us from inside a bristling armor of iridescent brown feathers and pendant, heavily wrinkled pouches of folded head and facial skin of varying, shifting colors of emotion that to this day makes me think of a body with its soul imprisoned deep inside. He plodded behind people, stopping when they stopped, resuming his ponderous tread as they took up their feet again. He would stop before you, or appear unexpectedly at your back, manifesting himself almost scarily at times, decked out in his full array, his tail in a fabulous wheel, his wing ends dragging stiffly.

Like the hens in their starched white wing skirts, crouched and quivering exactly where you were shoveling the muck, he awaited your response, and like them he would try, try again, patiently holding his ground until attention was paid. This was how I came to know turkeys and become their advocate.

- *Karen Davis*

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There's Now A Thanksgiving Helpline for New Vegans

Meal delivery service Thistle wants to help those who are tackling a Tofurky for the first time by offering help from its culinary experts.

By Nicole Axworthy

Plant-forward meal delivery service [Thistle](#) has launched a holiday hotline (833) 4-VEGTHX to help consumers veganize their Thanksgiving menu. Since the beginning of the COVID-19 pandemic, Thistle's orders for its plant-based meals have spiked by 18 percent. Because of the rise in demand for plant-based alternatives, the company expects that more people will be considering a turkey-free Thanksgiving this year, so it wanted to create a resource for those who may be cooking a vegan Thanksgiving for the first time.

From November 23 to 25, consumers can call 833-483-4849 between the hours of 11am to 1pm PT to connect to a Thistle culinary expert, who can help with cooking tips and tricks such as seasoning a [Tofurky roast](#) and making vegan versions of Thanksgiving favorites.

“Plants are at the center of everything we do at Thistle and we thoughtfully integrate them into our rotating menus every week,” Christina Gutierrez-Williams, Director of Culinary Research and Development at Thistle, told VegNews. “While my team was planning our menu for Thanksgiving week, we had a lot of fun developing vegan recipes that bring new life to the traditional dishes everyone loves and craves—everything from fun appetizers to easy side dishes to decadent desserts. It felt like a natural extension to lend a hand this year and answer questions from anyone curious about hosting a plant-forward, crowd-pleasing Thanksgiving.”

Source: VegNews

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“GRATTITUDE UNLOCKS THE FULLNESS OF LIFE.
IT TURNS WHAT WE HAVE INTO ENOUGH, AND
MORE. IT TURNS DENIAL INTO ACCEPTANCE,
CHAOS TO ORDER, CONFUSION TO CLARITY.
IT CAN TURN A MEAL INTO A FEAST, A HOUSE
INTO A HOME, A STRANGER INTO A FRIEND.
GRATTITUDE MAKES SENSE OF OUR PAST,
BRINGS PEACE FOR TODAY,
AND CREATES A VISION
FOR TOMORROW.”

~ Melody Beattie

When you're done here, remember to check [EVEN's Recipe page](#) as well!

Visit EVEN at www.eugeneveg.org

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