

Vegetarians of Washington

Vegan Thanksgiving Recipes

Leek and Parsnip Soup

Makes 6 servings

- ½ cup diced shallots
- 2 leeks (white and green parts), sliced thinly
- 2 cloves garlic, peeled and crushed
- 1½ lbs parsnips, peeled and chopped
- 8 cups water
- 1½ teaspoons salt
- 2 vegetable stock cubes, crumbled
- ¼ teaspoon mace
- Freshly ground black pepper
- 1 tablespoon fresh chives, chopped, for garnish

Heat a little water in a large soup pot. Add the shallots and cook, stirring to prevent them from browning for 1-2 mins. Add the leeks and garlic, stirring until they are limp and fragrant, 1-2 mins. Add the parsnips, water, salt and stock cubes, and bring to the boil. Simmer for about 15 mins until parsnips are tender. Remove from heat. Using a hand held blender stick, or a blender, process soup until completely smooth. Return the soup to the pot if necessary and season with pepper and mace, adding more salt if needed. Heat until warmed through, and serve immediately, garnishing with chives.

Great Green Salad

Makes 6 servings

Ingredients:

6 cups mixed salad greens (or one large bag of salad greens)
¼ cup raw walnuts, chopped
½ small red onion, finely chopped
1 large tart green apple, chopped, or ¼ cup dried cherries
3 tbsp seasoned rice vinegar or balsamic vinegar
1 tbsp frozen orange juice concentrate

Directions:

Combine salad greens, walnuts, onion, and apple or cherries in a large bowl. In a small bowl or cup, mix vinegar and juice. Dress the salad just before serving. Toss well.

Festive Stuffed Squash Recipe

Ingredients

- 1 large sugar pumpkin, butternut or carnival squash
- 1 red onion, chopped
- 2 cloves garlic
- 1 stick celery
- 1 cup puy lentils
- 1.5 cups fresh cranberries
- 1 tsp dried rosemary
- 1 tsp dried thyme
- ½ tsp nutmeg
- 2 cups vegetable stock
- 2 cups frozen spinach
- 1 cup pecans chopped
- 2 tbsp red wine vinegar
- Salt and pepper to taste
- Fresh chopped parsley

Preheat oven to 350F. Slice the squash (top off a round squash, lengthwise for butternut), and scoop out the seeds. Put a little water in a baking dish. Place the squash open side down in the water and bake for 30-40 mins, until soft (test with a fork). Remove from the oven and set aside until cool enough to handle.

In a large saucepan, add a little water, then cook the onion, garlic and celery until softened. Add the lentils, cranberries, rosemary, thyme, nutmeg, and vegetable stock. Bring to the boil then cover and simmer until lentils are just tender, about 30 mins. Drain off any excess water. Add the frozen spinach and pecans, and stir.

Scoop out the flesh from the squash into a separate bowl, leaving enough squash in the skin to maintain the shape. Mash the flesh with a fork, then stir it into the lentil mixture. Add vinegar, salt and pepper to taste.

Put the mixture into the squash, filling it to just level with the edge on both parts, then putting top onto the bottom. You may not need all the mixture – don't overfill. Tie together with string if necessary. Return to oven for 10 mins, to ensure it's piping hot. Sprinkle a little fresh chopped parsley on the stuffing just before serving for a more attractive filling!

Tips: For a butternut squash or small squash, you may only need half of the stuffing ingredients. If your squash or pumpkin is large, you may wish to add rice or barley to the stuffing mix, increasing the vegetable stock in proportion, before cooking the mixture.

Keep the squash or pumpkin seeds. Separate them from the flesh and wash them in a sieve until clean. Allow to dry. Spray them with oil and toss them in a little chili, cumin and salt (or other spice mix). Spread them on a baking tray, sprayed with oil, and roast them in the oven for 10 mins, until they start to pop. They make a delicious and nutritious snack!

Easy Vegan Pumpkin Pie

- 1 ½ packages Silken Tofu – Extra firm
- 1 15oz canned pumpkin puree
- 2/3 cup maple syrup (or other liquid sweetener)
- 1 teaspoon vanilla
- 1 ½ teaspoons ground cinnamon
- ¾ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- 1 unbaked 9" pie crust

Pre-heat oven to 350°F. Blend tofu in a food processor until smooth. Add remaining ingredients and blend well. Pour into a 9" unbaked deep dish pie shell. Bake for approx. 1 hr. Filling will be soft but will firm up as it chills. Chill and serve. Makes one 9" pie.

Simple and Flaky Piecrust

½ cup flour (barley, whole wheat pastry or unbleached white)
2/3 cup walnuts or Brazil nuts
½ tsp salt
½ cup quick-cook rolled oats
¼ cup or more water

Place flour, nuts and salt in a food processor and blend about 1 minute, until nuts are ground as fine as the flour. Remove to a mixing bowl and stir in the oats. Add water, gently forming dough into a ball with your hands. Add a bit more water, if needed for a soft but not sticky ball of dough. Roll the dough from center to edges between parchment paper, forming a 12 inch circle.

For a prebaked crust, prick bottom and sides of pastry generously with the tines of a fork. Prick where bottom and sides meet all around the pie shell. Bake at 400 F for 10-12 min.