

# Thanksgiving Cooking with Amanda

## Mushroom Walnut Roast

*Walnuts, tofu and oats make for a familiar yet distinctive taste that resembles a traditional meatloaf. Like meatloaf, this tastes great hot or cold. Serve with mashed potatoes and roasted vegetables and top with a sauce, like Nutritional Yeast Gravy*  
Serves 6 to 8

Spray oil if needed

1 large onion, chopped fine

3 cloves garlic, minced

½ cup coarsely chopped walnuts, toasted

½ cup rolled oats (regular or quick)

4 ounces fresh mushrooms, stems removed, caps thinly sliced

2 cups vegetable broth or water

3 tablespoons Dijon mustard

2 tablespoons tomato paste

2 tablespoons nonalcoholic red wine or red wine vinegar

1 tablespoon soy sauce

1 tablespoon vegetarian Worcestershire sauce

Salt and freshly ground pepper

1 package (14 –16 ounces) firm tofu, pressed of excess water, crumbled

3 tablespoons arrowroot powder

1 –1½ cups dried whole-wheat or white breadcrumbs

Preheat the oven to 350°F. Spray a 9 by 5 by 3-inch loaf pan (if not non-stick) and set aside. In a large nonstick skillet, heat a little water over medium heat. Add the onion and cook, stirring occasionally, until soft, 5 minutes. Add the garlic and cook until fragrant, 1 to 2 minutes longer. Set aside in a large bowl.

In the same skillet, add a little more water. Add the walnuts, oats and mushrooms. Sauté over medium heat for a few minutes, stirring frequently, until the mushrooms are tender. Add a splash of broth or water if the ingredients stick too much. Stir in a small amount of broth, turn up the heat, and deglaze the pan (scraping the pan bottom to loosen the stuck-on bits of food). Add the remaining broth and cook for 10 minutes. Add the mustard, tomato paste, red wine, soy sauce and Worcestershire sauce.

Continue to cook until the mixture is thick, 2 to 3 minutes. Add to the bowl with the onions and set aside. Season generously with salt and pepper to taste.

Place the tofu and arrowroot in a food processor and puree until smooth. Add to the onion mixture and stir in enough breadcrumbs to make a thick paste. Mix well. Pour into the prepared loaf pan. Press down firmly to pack the mixture into the pan.

Bake for 40 minutes. For optimal results, let the loaf cool for 2 hours before slicing it, or make it a day ahead and reheat.

## Mushroom Gravy

- ½ onion, diced
- 4 cloves garlic, minced
- 1 tbs water or broth (or white wine for a really rich flavor)
- 8 oz mushrooms, sliced
- 2 tbsp soy sauce (low sodium)
- ¼ cup whole wheat flour (or any other flour for thickening)
- 1 tablespoon nutritional yeast
- ½ teaspoon each of thyme, sage and rosemary
- 2¼ cups vegetable broth
- ½ teaspoon vegan Worcestershire sauce
- Drop or two of liquid smoke (optional)

Saute the onion and garlic in water until softened. Add mushrooms and soy sauce and cook until mushrooms are soft. Add flour, nutritional yeast and herbs. Stir well and allow flour to cook a little. Slowly add vegetable broth and stir to combine without lumps. Add vegan Worcestershire sauce and a drop or two of liquid smoke. Stir and serve.

## Roasted Vegetables

Vegetables that roast well include:

- White potatoes – Russet or Yukon gold work well
- Sweet potatoes
- Butternut squash
- Parsnips
- Carrots
- Cauliflower

Optional seasonings include:

- Garlic powder
- Onion powder
- Smoked paprika
- Seasoning salt
- Dry parsley

Preheat the oven to 400°F. Peel or scrub, and chop the vegetables as desired. Additional nutrition and fiber is in the skin, so keeping the skin on is beneficial. Chopping to approximately 1-inch cubes is best. Smaller pieces cook faster, and may burn quicker, so aim for pieces to be similar sizes. Carrots and parsnips may be cut into long fingers if preferred. Place all vegetables in a large bowl and season as desired, tossing to coat evenly.

Spray a large baking dish or cookie sheet with a little oil. Spread vegetables out in a single layer. You can also spray vegetables with spray oil for a crispier texture (but more calories). Bake for 30-40 minutes until cooked through and crispy.