



Plant-Based Thanksgiving Menu

SEVENTHDAY ADVENTIST CHURCH
HOT SPRINGS, SOUTH DAKOTA



Thanksgiving Menu Plan

If you've never tried a plant-based Thanksgiving dinner before, you might be surprised by how delicious and satisfying it can be! Not only is it good for your health, but also for the environment and the animals. With just a few minor tweaks you can enjoy all your favorite dishes (such as stuffing, mashed potatoes, gravy, and even roast) without any animal products. Here is a complete plant-based menu that is easy to make and full of flavor.

Wishing you a holiday filled with joy, gratitude, and kindness!



Holiday Nut Loaf.....5

If you are looking for a delicious and nutritious alternative to turkey for your holiday table, this plant-based nut loaf is packed with protein, fiber and flavor, and is sure to impress your guests!



Bread Dressing.....6

Whether you call it stuffing or dressing, this versatile dish is a must-have for any festive meal. It is made with bread and seasoned with sage, thyme, and other spices. You can also add extras like apples, cranberries, or chestnuts to make it even more flavorful.



Mashed Potatoes.....7

Nothing beats a bowl of warm and fluffy mashed potatoes, especially at Thanksgiving! Plant-based mashed potatoes are a healthy and satisfying dish that uses potatoes, garlic, and coconut milk to create a rich and flavorful dish.



Gravy.....8

Plant-based gravy is a delicious and easy way to add more flavor and moisture to your holiday meal. In this recipe the broth and spices blend together to create a familiar and delicious taste, without using any animal products.



Cream Corn.....9

Cream corn is a classic Southern dish that features sweet corn kernels in a creamy sauce. It is often served as a side dish for holiday meals and it can be easily made plant-based by using coconut milk to create that creamy comfort-food richness.



Tarragon Carrots.....10

Tarragon carrots are a tasty and easy side dish that can be made with fresh or canned carrots. Tarragon is a fragrant herb that adds a hint of licorice flavor. This dish is a great way to add some color and nutrition to your holiday plate!



Green Bean Casserole.....11

Green Bean Casserole is a traditional American dish that is often served at Thanksgiving and Christmas. This version consists of green beans with a creamy plant based sauce topped with crispy baked onions. Your guests will never guess that it's healthy!



Cranberry Sauce12

Cranberry sauce is traditionally considered a Thanksgiving staple in American homes. This version of cranberry sauce still has sugar, but orange juice is also used to help sweeten the berries and add a delightful flavor.



Butterhorn Bread Rolls.....13

Despite the name, these butter rolls don't actually have any butter in them. They are our plant based version of the traditional butterhorn rolls. Delicious, soft, shaped like crescents, and baked until golden, butterhorn rolls are an easy addition to any meal, especially for holidays and other special occasions.



Dill Salad Dressing.....14

Salad is a fresh and delicious addition to any meal. Your holiday guests will never guess that this creamy dill dressing is completely plant based. The tangy dill flavor is a perfect complement to the rest of your holiday meal.



Carrot Pie.....15

Carrot pie is a scrumptious dessert that combines the natural sweetness of carrots with the rich flavor of cream and spices. It is a perfect treat for any occasion, whether you want to impress your guests or indulge yourself... and yes, it's healthy and plant-based!

Holiday Nut Loaf

Serves 10

If you are looking for a delicious and nutritious alternative to turkey for your holiday table, this plant based nut loaf is packed with protein, fiber and flavor, and is sure to impress your guests!

<i>ingredients</i>	DIRECTIONS
1 cup soaked soybeans 1 cup water 2 cups walnuts* 2 garlic cloves 2 onions, medium ¼ cup chickpea flour 1 Tbsp onion powder 1 tsp ground sage 1 ½ tsp salt 2 tsp soy sauce 4 cups soft bread crumbs	<ol style="list-style-type: none">1: Prep Ahead of Time: Soak 1/2 cup of dry soybeans for several hours, or overnight.2: Prep Ahead of Time: In food processor, make 4 cups of bread crumbs from non-toasted, whole-grain bread.3: Put all ingredients—except for the bread crumbs—into the food processor. Process until mostly smooth.4: In a mixing bowl, add mixture to the bread crumbs and stir together well.5: Place in a greased loaf pan (line your pan in parchment paper) and bake at 350 F for 1 hour covered, and then another hour uncovered.6: Remove from the pan. Slice and serve on a platter.

*(can also use pecans, almonds, sunflower seeds, or cashews)

Fun Fact:

Nuts are a great source of many nutrients. They can also improve your brain function, as they contain omega-3 fatty acids, vitamin E, and other compounds that can enhance your memory, learning, and mood.



Bread Dressing

Serves 12

Whether you call it stuffing or dressing, this versatile dish is a must-have for any festive meal. It is made with bread and seasoned with sage, thyme, and other spices. You can also add extras like apples, cranberries, or chestnuts to make it even more flavorful.

<i>ingredients</i>	DIRECTIONS
<p>3 celery stalks, finely chopped 1 cup onion, diced 1 ½ Tbsp chicken-like seasoning (or 1 bouillon cube) 1 Tbsp parsley flakes 2 tsp Italian seasoning 1 tsp sage ½ tsp garlic powder 2 tsp soy sauce 2 cups water 9 cups toasted, whole wheat croutons</p>	<ol style="list-style-type: none">1: Prep Ahead of Time: Make 9 cups of croutons by stacking multiple slices of whole wheat bread and cutting them into 1 inch cubes. Usually 1 large loaf will be sufficient .2: Pour the cubes onto a large baking sheet and bake in the oven at 300 0 F for about 45 minutes or until dry.3: Simmer all ingredients together—except the croutons—until tender.4: In a large mixing bowl, toss the simmered mixture with the croutons. If the liquid is not sufficient to moisten the bread cubes, sprinkle enough water over the mix to do so, but don't make it mushy. Cubes should not lose their shape.5: Place in two, lightly-greased bread pans. Cover with foil and place in a pan of water.6: Bake at 400 F for 1 hour. (Check in 30 minutes and if it seems a bit dry, sprinkle with water.)

Fun Fact:

The earliest recorded recipe for stuffing dates back to the 2nd century BC, in a Roman cookbook by Apicius. He included recipes to stuff several animals, including dormouse! His stuffing used ingredients like vegetables, herbs, and nuts.



Mashed Potatoes

Serves 4

Nothing beats a bowl of warm and fluffy mashed potatoes, especially at Thanksgiving! Plant-based mashed potatoes are a healthy and satisfying dish that uses potatoes, garlic, and coconut milk to create a rich and flavorful dish.

<i>ingredients</i>	DIRECTIONS
<p>2 lb Yukon gold potatoes, peeled and cubed 1 head garlic 1 tsp olive oil 1 ¼ teaspoon salt ¼ tsp pepper 3 Tbsp vegan butter ¼ cup coconut milk 2 Tbsp parsley, chopped</p>	<ol style="list-style-type: none">1: Prep Ahead of Time: Preheat the oven to 450F. Cut the top off garlic head, leaving the cloves exposed, drizzle it with olive oil and sprinkle with ¼ teaspoon of salt. Place garlic (exposed cloves facing up) on a parchment lined baking sheet and roast for 25 minutes. Remove from the oven and let the garlic cool. Once garlic is cool to the touch, squeeze the cloves out of the skins.2: Fill a medium pot with water, add 1 teaspoon of salt and add potatoes. Bring to a boil and cook on a medium heat for 15-20 minutes until potatoes are soft.3: Drain the potatoes, add roasted garlic, vegan butter, coconut milk and using an old-fashioned potato masher, mash the potatoes until desired consistency.4: Adjust the salt, add more if needed and you can also add more coconut milk for creaminess.5: Transfer the potatoes to a serving bowl, sprinkle with chopped parsley and serve immediately.

Fun Fact:

Potatoes often get a bad rap, especially for those who are on a diabetic diet. Though known to be a vegetable with a high potential to spike the blood sugar, potatoes are also packed with important nutrients such as protein, fiber, potassium, iron and vitamin C. When prepared healthfully potatoes can definitely be a part of a healthy diet, even for diabetics! So, be reassured that you can enjoy this mashed potato recipe! Eat potatoes in moderation and be mindful to pair them with non-starchy vegetables and protein to help slow digestion, and this will help to suppress that dreaded blood sugar spike.



Gravy

Serves 4

Plant-based gravy is a delicious and easy way to add more flavor and moisture to your holiday meal. In this recipe the broth and spices blend together to create a familiar and delicious taste, without using any animal products.

<i>ingredients</i>	DIRECTIONS
2 ½ Tbsp olive oil	1: Heat oil; then, over the heat, whisk oil and flour for about 30 seconds.
¼ cups flour	2: Add the bouillon cube, water and soy sauce.
1 bouillon cube	3: Simmer, while stirring, until you have achieved the desired thickness.
1 ½ cups water or vegetable broth	4: Stir in parsley.
2 T soy sauce	
¼ c fresh parsley, chopped (optional)	

Fun Fact:

The origin of gravy is unclear, but some historians trace it back to the medieval practice of adding bread crumbs or flour to meat juices to thicken them and extend their flavor.



Cream Corn

Serves 4

Cream corn is a classic Southern dish that features sweet corn kernels in a creamy sauce. It is often served as a side dish for holiday meals and it can be easily made plant-based by using coconut milk to create that creamy comfort-food richness.

<i>ingredients</i>	DIRECTIONS
<p>1 tablespoon vegan butter 2 cloves garlic, minced or pressed 1 tablespoon all-purpose flour 1 $\frac{3}{4}$ cups full-fat coconut milk 2 tablespoons nutritional yeast, (optional for cheesy taste) $\frac{1}{2}$ teaspoon salt $\frac{1}{2}$ teaspoon 3 cups corn kernels, (fresh or frozen)</p>	<p>1: In a medium pot melt vegan butter over medium heat.</p> <p>2: When melted, add garlic and cook for 30 seconds, then whisk in the flour to make a paste. Cook for another 30 seconds, whisking constantly.</p> <p>3: Add the coconut milk, nutritional yeast, and salt, then whisk to combine.</p> <p>4: Stir in the corn kernels and continue to cook for 2 - 4 minutes, until you reach desired consistency.</p> <p>5: Serve hot.</p>

Fun Fact:

Cream corn is not only a tasty dish, but also a nutritious one. Corn is a good source of fiber, vitamin C, folate, and antioxidants. It can also help lower blood pressure, cholesterol, and inflammation



Tarragon Carrots

Serves 4

Tarragon carrots are a tasty and easy side dish that can be made with fresh or canned carrots. Tarragon is a fragrant herb that adds a hint of licorice flavor. This dish is a great way to add some color and nutrition to your holiday plate!

<i>ingredients</i>	<i>DIRECTIONS</i>
3 cups carrots (cut to length - diagonally) ½ tsp salt (to taste) 1 Tbsp olive oil 2 Tbsp tarragon (fresh or dried) 2 cloves garlic, crushed	1: Lightly braise carrots in olive oil in a skillet. 2: Add garlic to saute. 3: Mix in tarragon. Add salt to taste.

Fun Fact:

Tarragon is known as “the king of herbs” by the French, who use it frequently in their cuisine. It is often used for sauces, vinaigrettes, salads, fish, chicken, eggs, mushrooms, and vegetables.



Green Bean Casserole

Serves 4

Green Bean Casserole is a traditional American dish that is often served at Thanksgiving and Christmas. This version consists of green beans with a creamy plant-based sauce topped with crispy baked onions. Your guests will never guess that it's healthy!

ingredients

DIRECTIONS

FOR THE ONION TOPPING

1 small onion, thinly sliced
1 tbsp. extra-virgin olive oil
Kosher salt
3 Tbsp all-purpose flour
2 Tbsp bread crumbs

FOR CASSEROLE

1 lb. green beans, trimmed
6 Tbsp extra-virgin olive oil
2 medium onions, finely chopped
8 oz. sliced mushrooms
Kosher salt
2 cloves garlic, minced
¼ cups all-purpose flour
3 cups almond milk

- 1:** Make onion topping: Preheat oven to broil on medium and line a baking sheet with aluminum foil. In a bowl, toss onion with olive oil and season with salt. Add flour and breadcrumbs and toss to coat onions. Broil, tossing every 2 to 3 minutes, until onions are crisp and golden, about 6 to 8 minutes in total. Turn oven down to 375 F.
- 2:** Lightly steam green beans.
- 3:** In a large ovenproof skillet over medium heat, heat 2 tablespoons olive oil. Add onions and cook, stirring occasionally until tender, about 5 minutes. Add mushrooms and season with salt. Cook, stirring often, until mushrooms are golden, about 5 minutes more. Stir in garlic then add mixture to the bowl with the green beans.
- 4:** Heat remaining 4 tablespoons of olive oil in the same skillet over medium heat. Whisk in flour and cook until golden, about 2 minutes. Gradually whisk in almond milk and bring to a simmer. Cook until thickened, about 4 minutes. Remove from heat, add salt to taste, then add green bean mixture and toss until even combined.
- 5:** Transfer mixture to a medium casserole dish. Bake until warmed through and bubbling around the edges, about 20 minutes. Top with "fried" onions and bake 5 minutes more.

Fun Fact:

Green bean casserole (now enjoyed in over 30 million US households each Thanksgiving) was invented in 1955 by Dorcas Reilly, a Campbell Soup Company employee. She wanted to create a simple dish using ingredients that most Americans had in their pantry. Her original recipe card is now in the National Inventor's Hall of Fame in Akron, Ohio, along with Thomas Edison's lightbulb and other inventions.



Orange Cranberry Sauce

Serves 8

Cranberry sauce is traditionally considered a Thanksgiving staple in American homes. This version of cranberry sauce still has sugar, but orange juice is also used to help sweeten the berries and add a delightful flavor.

ingredients

4 cups fresh or frozen
cranberries (1 lb bag)
1 cup water
1 ½ cups organic cane
sugar
1 cup orange juice

DIRECTIONS

- 1:** Rinse the cranberries (even if frozen) in a strainer with room temperature water. Remove any stems or blemished berries. (Using high quality berries results in high quality sauce)
- 2:** In a large saucepan - larger than you think you'll need - heat the water, juice and sugar to boiling over medium heat. Be careful your mixture doesn't boil over.
- 3:** Continue boiling the sugar mixture another 5 minutes to be sure sugar is completely dissolved. Stir occasionally.
- 4:** Add the cranberries. Heat back to boiling over medium heat, still stirring occasionally. Place lid on pot and continue boiling another 5 minutes, stirring occasionally until you hear berries begin to "pop."
- 5:** Remove from heat and allow to cool for about 20 minutes. Place in a container or bowl and allow to cool completely before re-fridgerating.

Fun Fact:

Cranberries are one of the few fruits native to North America. Americans consume 80 million pounds of cranberries every year during the week of Thanksgiving.



Butterhorn Bread Rolls

Makes 32 buns

Despite the name, these butter rolls don't actually have any butter in them. They are our plant based version of the traditional butterhorn rolls. Delicious, soft, shaped like crescents, and baked until golden, butterhorn rolls are an easy addition to any meal, especially for holidays and other special occasions.

<i>ingredients</i>	DIRECTIONS
2 ⅓ cup warm water ½ cup oil ¼ cup honey OR agave syrup 2 Tbsp ground flax seed 2 Tbsp instant yeast 2 tsp salt 6 cups flour	<ol style="list-style-type: none">1: Stir all ingredients—except 3 cups of flour—thoroughly.2: Add the 3 cups of flour (may need more) and knead for approximately 5 minutes.3: Let dough rise until double.4: Cut dough in half. For each half, roll dough into a 12-inch circle, approximately ¼-inch thick.5: Cut into 16 pie-shaped pieces; beginning at the rounded edge, roll up each piece.6: Place on a greased cookie sheet. Let rise 20 minutes.7: Bake at 400 F for 15 minutes.8: Brush with olive oil right after they come out of the oven.

Fun Fact:

Butterhorn rolls are easy to make and can be prepared ahead of time. You can make the dough the night before and let it rise in the refrigerator overnight. Then, you can shape and bake the rolls the next day



Dill Salad Dressing

Serves 12

Salad is a fresh and delicious addition to any meal. Your holiday guests will never guess that this creamy dill dressing is completely plant-based. The tangy dill flavor is a perfect complement to the rest of your holiday meal.

<i>ingredients</i>	DIRECTIONS
<p>¾ cup soft tofu</p> <p>2 ½ Tbsp lemon juice</p> <p>1 Tbsp oil (optional)</p> <p>1 Tbsp minced onion (or ¼ of a fresh onion)</p> <p>1½ tsp sweetener of your choice</p> <p>1 tsp salt</p> <p>2 tsp dry dill OR 2 Tbsp fresh dill OR to taste.</p>	<p>1: Blend all ingredients in a blender, until creamy.</p> <p>2: Pour the dressing over your favorite tossed salad and enjoy!</p> <p>3: How easy was that? =)</p>

Fun Fact:

Did you know that dill was used as a currency in Scotland before paper money was invented? It was also used as a spice and a medicine by the ancient Egyptians and Greeks.



Carrot Pie

Serves 8

Carrot pie is a scrumptious dessert that combines the natural sweetness of carrots with the warm flavor of spices. It is a perfect treat for any occasion, whether you want to impress your guests or indulge yourself. This pie is so rich and creamy you'll never guess that it's healthy and plant based!

ingredients

DIRECTIONS

Crust Ingredients:

- 1 cup flour
- ½ tsp salt
- ⅓ cup coconut oil, solid
- ⅛ cup cool water

Filling Ingredients:

- 1 ¾ cup cooked carrot
- 1 tsp vanilla
- 1 - 15 oz. can coconut milk
- ½ tsp coriander
- ¼ cup dates
- ½ tsp nutmeg
- 1 ¼ c honey
- ½ tsp salt
- ¼ cup cornstarch

TO PREPARE CRUST

- 1: Mix flour and salt.
- 2: Cut in oil with pastry cutter or by cutting 2 bread-and-butter knives through the mixture until oil is evenly dispersed.
- 3: Add water gradually while pressing with a fork.
- 4: Form into a ball, then place between 2 sheets of wax paper and roll into a circle. Lay in oiled pie plate. Cut excess pastry off.
- 5: Lay in oiled pie plate. Cut excess pastry off.

TO PREPARE FILLING

- 6: Blend all filling ingredients.
- 7: Pour filling into prepared pie crust.
- 8: Bake at 325 F for 1 hour. Allow to cool for at least half a day before serving.

Fun Fact:

Carrot pie is not only a tasty dessert, but also a nutritious one. Carrots are a good source of vitamin A, beta-carotene, fiber, and antioxidants. They can also help improve your vision, skin, and immune system. This pie can be enhanced with nuts, raisins, coconut, lemon zest, or ginger to give it more flavor.

