

Cooking Demo: Plant-Based Thanksgiving

Hosted by VegMichigan

Presented by Vicki Brett-Gach and Lisa Viger Gotte

Winter Squash Soup

makes 4 to 5 cups soup

2 cups cooked winter squash (any favorite variety)

1 ripe pear, washed and cored (does not have to be peeled)

2 cups plant-based milk

2 tablespoons oil (optional)

1 tablespoon lemon juice

1 tablespoon onion powder

1 teaspoon garlic powder

Water as needed for blending

Maple syrup for drizzling

Bake the squash in its skin at 425 degrees F for about 45 minutes to an hour, depending on how large your squash is.

When the squash is done and has cooled enough to handle, cut the squash in half, and scoop out the seeds then scoop out the flesh.

Add the cooked squash, pear, plant-based milk, oil (optional) lemon juice, onion powder, and garlic powder to a high-speed blender and puree for a minute or so until very smooth and creamy.

Reheat if desired in the blender, in a pot on the stove, or in a bowl in the microwave. Garnish with a drizzle of maple syrup.

Optionally, roast any seeds on a baking sheet for about 25 minutes at 350 degrees F and add a few to the top of the soup.

TOASTED BREAD STUFFING WITH POTATOES, SWEET POTATOES, AND FRESH HERBS

Servings: 8 to 10

<https://annarborvegankitchen.com/2019/11/20/toasted-bread-stuffing-with-potatoes-sweet-potatoes-and-fresh-herbs/>

2 large onions, diced
2 large stalks celery, diced
4 slices sprouted whole grain bread (such as Food For Life / Ezekiel bread)
4 Yukon Gold potatoes, baked or microwaved, peeled, 1/2-inch cubes
1 sweet potato, baked or microwaved, peeled, 1/2-inch cubes
1 3/4 cup vegetable broth
kosher salt and coarse black pepper, to taste
sprinkle of Creole or Cajun seasoning

Fresh Herbs:

handful of fresh Italian parsley, minced
8 – 10 sprigs of fresh thyme, minced
4 – 5 leaves of rosemary, minced

Instructions

Preheat oven to 375 degrees. Have ready a large ceramic baking dish.

Heat a large nonstick skillet over high heat. Add onions and celery and dry sauté until translucent. Sprinkle a little bit of water as needed to prevent sticking to the pan.

Meanwhile, toast bread slices. Cut slices of toast into 1/2-inch cubes, and add to a large bowl, along with cubed potatoes, sweet potatoes, and broth. Combine well, moistening all the bread.

Smash slightly to break up the potatoes a little further. Season well with salt, pepper, and a dash of Creole or Cajun seasoning. Mix in sautéed vegetables and fresh herbs.

Pour mixture into a ceramic baking dish and bake for 40 minutes until the top is golden. Remove from oven and serve immediately.

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Main Dish Seasonal Salad

makes two large salads

Salad

1 cup peeled beets, cubed
1 cup radishes, halved
1 cup Brussels sprouts, halved
1 large onion, sliced
1 tablespoon oil (optional)
1 tablespoon balsamic vinegar
1 tablespoon maple syrup
½ teaspoon cinnamon
½ cup pecans or walnuts
1 tablespoons maple syrup
1 teaspoon brown sugar
Pinch cinnamon
Pinch salt and pepper
6 cups salad greens



Maple Balsamic Dressing

½ cup maple syrup
¼ cup balsamic vinegar
½ teaspoon salt
½ teaspoon black pepper
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon cilantro
½ teaspoon red pepper flakes
½ cup dried cranberries (or raisins)
2 cups Cooked Quinoa or Rice (*optional*)

SLOW COOKER BAKED APPLES

Servings: 3

<https://annarborvegankitchen.com/2016/01/20/slow-cooker-baked-apples/>

1/2 cup water
3 baking apples (I like Pink Lady or Honeycrisp apples)
1/4 cup rolled oats
1 teaspoon cinnamon
1 teaspoon apple pie spice
6 small dried apricots, diced
1 pitted date, diced
1 tablespoon date syrup (or maple syrup)

Instructions

Pour the water into the bottom of a medium 3- or 4-quart slow cooker.

Wash and core the apples, taking care to avoid puncturing the base of the apples. (A melon baller or a teaspoon works well for this.) Peel only the top third of each apple.

Into a small bowl, add the remainder of the ingredients (oats, spices, dried fruit, and date syrup (or maple syrup), and combine very well. Stuff the apples evenly, using all of the filling mixture.

Carefully place the apples into the slow cooker. Cover and bake for about an hour and 1/2 – on the low setting for a newer slow cooker, or the high setting for an older one, or until the apples are almost tender. Serve warm.

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