

*The Theus Family's*  
Vegetarian Thanksgiving  
Survival Kit!



*Recipes for our family's favorite vegan holiday meals.*

*For more recipes, and to connect with us, please visit*

*[www.21stCenturyVegetarians.com](http://www.21stCenturyVegetarians.com)*





**H**appy Thanksgiving! These are some of my family's favorite recipes for Thanksgiving Day and other major holidays such as Christmas and Easter. We love this time of year and have thoroughly enjoyed our meat-free holiday meals. Over the years, so many people have asked us "What do you eat on Thanksgiving?", to which I reply – "basically everything you eat expect the turkey and the dairy!" It really is easy to create a beautiful, delicious, nutritious, compassionate spread any time of the year – Thanksgiving included. We even have a short video showing our spread from last year – if you haven't seen it you can check it out at [www.21stCenturyVegetarians.com/thanksgiving.html](http://www.21stCenturyVegetarians.com/thanksgiving.html).

Staying true to a Theus Family Tradition, each dish is easy to make and will not take you all day. In fact last year our entire meal took less than three hours and we ate for days! The only thing you have to remember is to read through the recipe for each dish – some take longer than others and can be made the night before to save you a bunch of time. Speaking of tips, here are a few more:

- The Vegan Cheesecake needs to be refrigerated overnight. Be sure to plan accordingly.
- The Macaroni and Cheese can also be made the night before and then refrigerated. Prepare it per the directions but do not bake. Leave it in the fridge uncooked! Then, next morning you can just pop it in the oven since all of the preparation was already done.
- The Tofurky® Roast and Gravy can be found at most major health food stores. Trader Joe's usually carries it this time of year for the extra low price of \$9.99.
- For the Cinammon Spiced Apple Cider, we use regular apple cider, heat it slightly, and add a couple of cinammon sticks.

Most importantly, this is a time to be grateful and to enjoy the company of your loved ones. If you are vegetarian or vegan and are visiting relatives, it may be difficult to participate in all of the food centered activities and conversations. But don't let this rob you of your joy – respect others, the way they eat and how they choose to live. You want them to respect you don't you? Try not to be an "Angry Vegetarian" - instead be a living example of the compassionate lifestyle you lead.

On a practical note, why not have your own dinner before visiting family? That's what we do, and have done for the past 25 years. Thanksgiving Day is the biggest holiday in our extended family and my Mother-In-Law prepares for weeks in advance. All of her children, grandchildren, neices, nephews, etc. come to her house on that day. We have never expected her to prepare a vegan dish for us. We always eat first, then head to her house so that we can enjoy the rest of the family. There are always things we can munch on so we're happy. When we get home, we have our leftovers and it's all good – no drama – no hurt feelings.

Again, have a wonderful Thanksgiving Day and holiday season. We are truly grateful for all of you and for the opportunity to share!

Love,

*The Theus Family*



# *The Theus Family's Vegetarian Thanksgiving Menu*

*(all dishes are vegan unless noted otherwise)*

## MAIN COURSES

*Tofurky with Stuffing, Gravy and Cranberry Sauce*  
*"Chik'n Fried" Veggie Steak*

## VEGETABLES AND SIDES

*Macaroni and Cheese*  
*Yams*  
*Green Beans*  
*Brussel Sprouts*  
*Kale Salad with Cranberries*

## DESSERTS

*Carrot Cake*  
*Cheesecake*

## BEVERAGE

*Cinammon Spiced Apple Cider*



*\*Historically, we have used rennetless cheese in this recipe.  
This year I am going to try a vegan mac and cheese using Daiya Vegan Cheese!*



## *Tofurky with Stuffing, Gravy and Cranberry Sauce*

### Ingredients

#### Tofurky® and Gravy



1 package Tofurky® Roast and Gravy (makes about 4 servings). *You can find this at most health foods stores. Trader Joe's carries this every holiday season and has great prices.*

1 cup vegetable broth

Cornstarch (1 – 2 Tablespoons)

Spike (Regular Flavor) and ground savory to taste

Grapeseed or Canola oil for sautéing

#### Stuffing and Cranberry Sauce

3 cups vegetable broth

6 Tablespoons Earth Balance Vegan Margarine

½ cup chopped onion

2 stalks celery, chopped

1 cup Tofurky®, chopped (you can use some of the Tofurky® roast)

1 Tablespoon Spike®

14 oz cubed stuffing mix (can be cornbread style also)

13 x 9 inch baking pan

1 can Cranberry Sauce (whole berry or jellied)

### Directions

***Tofurky® Roast:*** Thaw the Tofurky® Roast and Gravy thoroughly. Set the tub of gravy aside – you can use this later. Cut the Tofurky® Roast in half and scoop out the stuffing. Set this aside also, you can use it later as well.

Take each half of the roast and cut into ¼” slices. Sauté the slices in a little bit of oil over medium heat. You want to make sure that the slices are moist and juicy so DO NOT OVERCOOK. They should be ready in less than 5 minutes. Add a bit of Spike and ground savory while cooking just to give the Tofurky® a little more flavor. The end result should be succulent, savory “turkey” slices.

Remove the Tofurky® from the heat and store in an air-tight container so that it does not dry out.

**Gravy:** The gravy that comes with the Tofurky® Roast is actually quite good. I like to add a little more vegetable broth (no more than 1 cup), a little Spike, and a little corn starch for thickening. To do this, heat the gravy over medium heat and add the vegetable broth (be sure not to add too much – you don't want it to be too watery). Dissolve 1 tablespoon of corn starch in a very small amount of water. Put this mixture into the gravy and continue to cook, stirring over low heat. If you desire thicker gravy, add more corn starch and repeat the process.

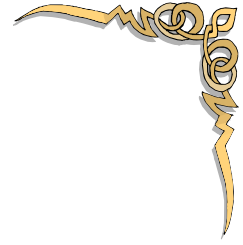
*Tip: Sometimes I even add a couple of spoonfuls of the stuffing that I saved from the Tofurky® roast. It makes the gravy a bit thicker and more interesting!*

**Stuffing:** Preheat oven to 375 degrees. In a large pot (at least 2 quart), bring vegetable broth to a boil, then set aside. In a large skillet, melt the Earth Balance and sauté the onions, celery and Spike. Continue to cook until the vegetables are softened. Add the chopped Tofurky® and continue to cook for a couple of minutes, blending the flavors.

Add the Stuffing Mix to the vegetable broth. The stuffing should be moist and absorb all of the water. Add the pre-packaged stuffing that came with the Tofurky® Roast as well. Finally, add the sautéed vegetable/Tofurky® mixture. Mix until all ingredients are blended.

Pour the mixture into the 13 x 9 inch baking pan and press down until the stuffing is packed tightly. Bake for approximately 30 - 40 minutes or until the top is slightly crispy.





## "Chik'n Fried" Veggie Steak

### Ingredients

8 pieces Veggie Steak. *You can find this at Asian Markets or health food stores. You can also use large slices of Seitan as an option.*

1 cup flour

1 cup corn meal

1 teaspoon salt

½ teaspoon garlic powder

1 teaspoon pepper

1 teaspoon Spike® (optional)

½ cup warm water

4 tablespoons yellow mustard

Oil for frying (I use Grapeseed or Canola)

### Directions

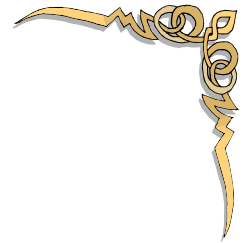
In a small mixing bowl, combine flour, corn meal, salt, and garlic powder, pepper and Spike®. Mix thoroughly. In another small bowl, mix the mustard with the water. Add 2 tablespoons of the flour mixture to the mustard and water and stir until the lumps of flour are smooth and you have a batter about the consistency of thin pancake batter.

Heat the oil in a large skillet (or deep fryer) on high heat. There should be enough oil in the skillet to cover the bottom and be about ½ inch deep.

Dip each Veggie Steak slice into the mustard batter, and then into the flour mixture making sure that each slice is well coated. Fry each slice on both sides in oil until golden brown (about 5 minutes each side). Remove from heat and let them drain on paper towels to remove excess oil.

These are crispy on the outside yet marvelously moist on the inside.





## *Macaroni and Cheese*

### Ingredients

- 3 cups uncooked elbow macaroni
- 7 oz of tofu (½ tub), frozen, thawed, and excess water squeezed out
- 2 cups soy milk
- 1 tablespoon butter or margarine (we use Earth Balance Vegan Margarine)
- 1 tablespoon cornstarch
- 1 teaspoon salt
- 1 teaspoon Spike
- ¼ teaspoon pepper
- 2 Tablespoons Brewer's Yeast Flakes (optional but REALLY good!)
- 24 oz shredded cheese (equal mix of Sharp and Extra Sharp Cheddar, or Daiya Cheddar Blend)\*
- 13 x 9 inch baking pan

*\*Historically, I have only made this recipe using dairy cheeses made with vegetable enzymes (no animal rennet) and have not tried Daiya or other vegan cheeses for macaroni and cheese. This year, I will try it and post the results on my blog!*

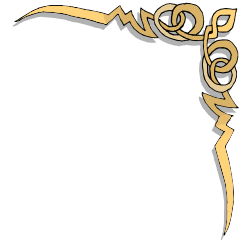
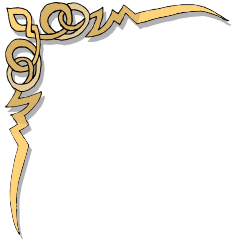
### Directions

Preheat oven to 375 degrees.

Cook macaroni according to package directions. Drain excess water. Put macaroni in large bowl and crumble drained tofu into small pieces and mix together with the macaroni. Add soy milk, butter or margarine, cornstarch, salt, Spike, pepper, and the Brewer's Yeast if you are using it. I highly recommend you do – it adds a lot of nutrients and also makes the dish very rich and “cheesy” tasting.

Add half of the cheese to the macaroni and tofu. Mix together thoroughly. Pour mixture into baking pan and top with remaining cheese. Cover with foil and bake for 20 minutes. Uncover and let bake an additional few minutes until hot and bubbly and slightly crispy on the top. Remove from oven and let sit about five minutes. Serve warm.





## *Yams*

### Ingredients

6 large yams  
2 tablespoons butter or margarine (we use Earth Balance Vegan Margarine)  
Cinnamon, Maple Syrup, and Brown Sugar to taste

### Directions

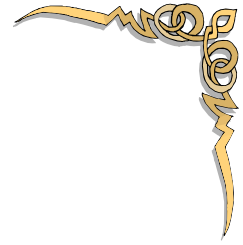
Preheat oven to 375 degrees.

Wash and dry each yam, cutting off the end tips. Wrap each yam individually in foil and place on a baking sheet. Bake for about 90 minutes, then check to make sure the yams are done by inserting a knife. The yam should be soft (but not mushy). Bake additional time if necessary.

When they are done, remove from the oven and the foil, careful not to burn yourself from the steam. Scoop out the “flesh” of the yams into a bowl. (Optional – you can keep the skins and mash them with the yams if you prefer).

Mash the yams until smooth and add the butter or margarine. Mix well. Add cinnamon, maple syrup and brown sugar to taste, depending upon your preference for sweetness.





## *Green Beans*

### Ingredients

Grapeseed or Canola Oil  
1 tablespoon butter or margarine (Earth Balance)  
2 cloves garlic, chopped  
32 oz fresh or frozen Italian Green Beans  
2 tablespoons Bragg's Liquid Aminos®  
1 teaspoon Spike®  
¼ teaspoon pepper  
½ cup Water

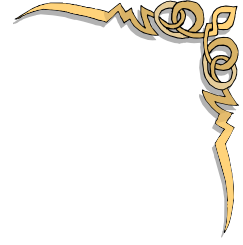
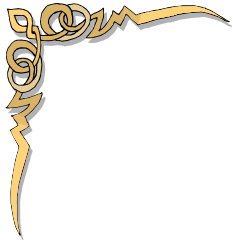
### Directions

Add the oil and butter or margarine in a large skillet and turn heat to high. Sauté the chopped garlic in the oil and butter or margarine until the garlic is slightly brown. Add green beans and stir. Add remainder of the ingredients and stir to coat the beans with the oil and spices. If the beans are frozen, continue cooking and stirring occasionally for about 15 minutes (less time if they are fresh). Add more water if necessary and reduce heat to medium. Cook for another 15 minutes or until the beans are tender but not too soft.

You should check the flavor after the beans are about half done. Add more seasonings if desired.

*My entire family loves these beans. The flat nature of the Italian style green beans allows the sauce and spices to absorb more fully than most other green beans.*





## *Brussel Sprouts*

### Ingredients

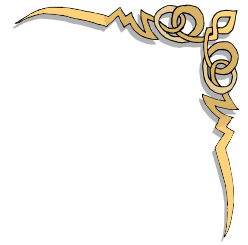
- 1 pound brussel sprouts, washed
- 1 – 2 tablespoons butter or margarine(Earth Balance)
- 1 tablespoon Bragg's Liquid Aminos®
- 1 teaspoon Spike®
- ½ cup Water

### Directions

Trim off the hard end of each sprout, and then cut each one in half lengthwise. Add the butter or margarine to a large skillet and turn heat to high. Sauté the brussel sprouts and add the liquid aminos and spike, cooking continuously until the sprouts are bright green and slightly crispy. The bright green color lets you know that they are almost done.

After about 5 minutes, check one sprout and make sure it is cook all the way through. If not, Add the water and cover and steam for a few minutes.





## *Kale Salad with Cranberries*

### Ingredients

- 1 bunch raw kale, washed, trimmed, and torn into pieces
- 1 tomato, diced
- 2 Tablespoons pine nuts
- 2 Tablespoons dried cranberries
- 1 avocado, sliced (optional)
- Olive Oil
- Apple Cider Vinegar

### Directions

In a large skillet, add a little olive oil and heat to medium high. Add the kale and sauté it until it is tender (but not mushy) and turns a brighter shade of green. (You may have to add a little water to keep it from burning). Remove from heat, drain off the excess oil and water, and let cool.

In a large bowl, combine all of the ingredients including the kale. Toss a bit to blend the flavors. Taste. Add a little vinegar and olive oil if desired or your favorite salad dressing. Serve chilled.





## Carrot Cake



### Ingredients

#### **CAKE:**

- 1 cup white sugar
- ½ cup brown sugar
- 1 ¼ cups vegetable oil
- 3 cups all-purpose flour
- ½ teaspoon salt
- 3 teaspoons baking powder
- 2 teaspoons baking soda
- 1 ½ teaspoons cinnamon
- Dash of nutmeg
- 1 ½ cups soy or almond milk (vanilla flavored)
- 2 teaspoons vanilla extract
- 2 cups raw grated carrot
- 1 cup chopped walnuts
- 1 cup raisins

#### **GLAZE:**

- ½ cup vegan creamer (I use Silk French Vanilla)
- 1 ½ tablespoons light corn syrup
- 1 ½ cups white sugar

#### **FROSTING:**

- 4 oz Tofutti “Cream Cheese” – plain
- ¼ cup Earth Balance Whipped Buttery Spread
- 1 teaspoon finely grated lemon peel
- 2 ¼ cups powdered sugar

### Directions

**NOTE:** to maximize time, make the glaze and the frosting while the cake is baking

#### **Directions for the Cake**

Preheat the oven to 350°. Grease and flour a bundt or a 9 x 13 inch pan.

In a large bowl, mix the white sugar, brown sugar, and oil. Beat until light and fluffy. In another bowl, sift the flour, salt, baking powder, baking soda, cinnamon and nutmeg. Add the flour mixture to the sugar and oil and beat. Add the soy or almond milk and mix well.

Add the vanilla extract and stir again. Add the carrots and mix well. Finally, add the walnuts and raisin and mix all of the ingredients together until the batter is consistent.

Pour the batter into the pan and bake for about 45-55 minutes. Do not over bake! Check the cake after 45 minutes; if a toothpick is slightly moist after inserted into the middle of the cake, then it is ready. If necessary, bake another 10 minutes (a 9x13 pan will typically be done sooner than a bundt cake pan). When the cake is done, remove it from the oven and let it cool slightly (about 10 minutes), then add the glaze.

### **Directions for the Glaze**

Combine all of the glaze ingredients in a small bowl. Simply mix or stir until the ingredients are blended.

After the cake has cooled slightly, make a few holes in the top of the cake with a toothpick, and with a knife, gently separate the cake from the edges of the pan. Slowly pour the glaze on top of the cake and in the space between the cake and the edge of the pan. It should ooze all over the cake and seep in which will make it moist and even sweeter. Let the cake stand in the glaze for about an hour, and then gently remove the cake from the pan to finish cooling.

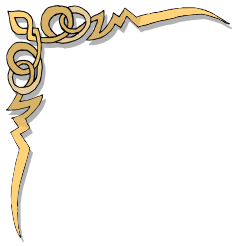
### **Directions for the Frosting**

In a saucepan or small pot, heat the Tofutti cream “cheese”, Earth Balance “butter”, and lemon peel over low heat until the butter is melted and the cream cheese is very soft.

In a medium bowl, add the powdered sugar. Add the cream cheese/butter mixture and blend or whisk together with the powdered sugar until the mixture is very smooth. Refrigerate the frosting for a few minutes until it is cooled and slightly stiff. Spread the frosting on the cake after it has cooled.

*Enjoy!*





## *Cheesecake (Vegan!)*



### Ingredients

48 oz vegan cream cheese, plain (I use Tofutti® brand)  
10 oz (1 carton) whipping cream, vegan (SoyaToo!® makes a vegan whipping cream)\*  
12 oz cups vegan sour cream (I use Tofutti® brand)  
2 ½ cups sugar  
2 Tablespoons corn starch  
5 teaspoons vanilla  
2 deep dish (or extra serving) graham cracker crusts

#### **Optional Topping**

3 cups sliced fresh strawberries  
1 cup sugar

### Directions

Preheat oven to 350°. Combine all of the ingredients for the cheesecake (except the pie crusts) in a large bowl. Blend thoroughly with a mixer, or stir by hand. Make sure you mix until the batter is smooth. Pour the batter into the pie crusts. Bake for 55 - 60 minutes (no less!) It is important that the cheesecake bakes thoroughly so that it will be thick the next day.

After baking, remove from the oven and let cool completely. Refrigerate overnight or at least 8 hours and then slice and serve with strawberry topping.

For the strawberry topping, simply combine the fresh sliced strawberries and the sugar in a bowl. Let sit for about 2 hours; it will make its own glaze. If you want a thicker glaze, add 1 tablespoon of corn starch to the strawberry/sugar mix, simmer over medium heat for about 10 minutes (or until bubbly), and let cool. Refrigerate overnight. Spoon on top of the each slice of cheesecake.

Makes 2 cheesecakes (one for you and one to give away!)

