



MAIN STREET
VEGAN
Academy



THANKSGIVING
ALUMNI
COOKBOOK



HAPPY THANKSGIVING FROM OUR TABLE TO YOURS

The Main Street Vegan Academy graduates are proud to present to you their favourite Vegan Thanksgiving recipes.

Created with love for the animals and the planet, those recipes are here to help you celebrate the Holidays the Vegan way with more ease.

This e-cookbook is a little gift from us, the Vegan Lifestyle Coaches and Educators of Main Street Vegan Academy, to you, dear friend.

So grab your forks and knives, and get ready to bring more compassion and peace to the table this year.

With Love,
The Main Street Vegan Academy Alumni Family



BECOMING A VEGAN LIFESTYLE COACH AND EDUCATOR (VLCE)

How do you want to make a difference?

Do you see yourself coaching individuals to Vegan success? Speaking and teaching for live and online audiences? Starting a Vegan business?

Working with an established Vegan company or non-profit? Or expanding the effectiveness of your outreach and influence as we grow toward a Vegan world?

At Main Street Vegan Academy, we know that equipping you for the task ahead demands a personalized, professional, in-depth experience. Because this is what it takes, this is what we offer -- live via Zoom. Our commitment is to provide excellence in plant-based training and Vegan education, and support our graduates' progress going forward.

To learn more and see what kind of difference our graduates make in the world, visit <https://mainstreetvegan.com>



FRESH RAW CRANBERRY SAUCE

SERVINGS: 8

INGREDIENTS

- 1 12-ounce bag of fresh cranberries
- 2 apples, peeled, cored
- 1 orange, peeled
- 2/3 cup pitted Medjool dates

DIRECTIONS

1. Rinse and towel dry the cranberries.
2. Place the cranberries along with all other ingredients in a food processor bowl, and pulse together briefly until desired texture is achieved (somewhat diced, somewhat chunky).
3. Serve immediately at room temperature, or refrigerate to serve chilled.





WINE POACHED PEARS

This is just a simply elegant dessert! Serve with a dollop of plant-based cream, yogurt, or cultured soft vegan cheese, if desired.

SERVINGS: 4

INGREDIENTS

4 pears ripe but firm.
Choose a firm variety, like
Anjou, Bosc, or Forelle
1 750 ml bottle red wine
or cranberry, raspberry,
or pomegranate juice
2 cups water
¼ cup pear brandy
optional
½ cup sugar
1 orange juiced
3 strips orange peel
taken off with a vegetable
peeler, orange only, no
white pith
1/2 lemon juiced

2 strips lemon peel taken
off with a vegetable peeler,
yellow only, no white pith
4 slices ginger about ¼-
inch thick each
2 cinnamon sticks
2 star anise
1 stalk lemon grass cut
into 1-inch chunks
1 bay leaf
½ tsp pink peppercorns
½ tsp black peppercorns
½ tsp whole cloves
1 dollop vegan cream,
yogurt, or vegan cultured
soft cheese if desired, for
serving





WINE POACHED PEARS

PART 2

SERVINGS: 4

DIRECTIONS

1. Carefully peel the pears. Leave the stem intact. You can cut lengthwise and remove the core, but it's very elegant to level off the bottom so that the poached pear stands up beautifully in the center of a dessert plate when served. Trim the bottom prior to poaching.
2. In a heavy, deep saucepan, combine the wine (or juice), pear brandy (if using), water, sugar, orange juice and peel, lemon juice and peel, lemongrass, bay leaf, cinnamon sticks, whole cloves, star anise, black and pink peppercorns, and sliced fresh ginger. Stir this together and carefully add the pears.
3. Bring to a gentle simmer. Simmer, covered, carefully turning them every 5 minutes so they color evenly from the poaching liquid.
4. After 25 minutes, turn off the heat and allow the liquid to cool, still turning the pears occasionally. They might not seem fully cooked, but they will still poach while the liquid is cooling.
5. Once cool, chill in the refrigerator overnight and carefully turn the pears every once and a while.
6. The next day, pull out the pears, strain the poaching liquid and discard the aromatics. Pour the liquid into a shallow saucepan and bring to a full boil. Boil until reduced by half and syrupy, about 30 minutes.
7. Let the syrup cool.
8. When time to serve, ladle a bit of the syrup in the bottom of a rimmed dessert plate, add a poached pear, and serve with a dollop of vegan (cashew or coconut) cream, yogurt, or soft cultured vegan cheese, if desired.

Author: Cindy Thompson, Trimazing! Health & Lifestyle Coaching

<https://trimazing.com/eating-pears-with-a-knife-fork/>



BEET PESTO

"A combo of the best beet pesto that I've tried"
Blessings, Mariquita Solis

INGREDIENTS

- 1 pound cooked beets (or you can grab a can)
- Roasting the beets also is a great way to cook them.
- 2 cloves garlic
- 1/2 cup basil
- 1 tablespoon Balsamic Vinegar
- 1/3 cup pine nuts roasted carefully as not to burn them (or sub with sunflower seeds, walnuts or almonds)
- Salt to taste
- You may add 1/4 cup olive oil but I usually don't

DIRECTIONS

1. In a food processor, process the garlic and salt together until the garlic is fine.
2. Add the beets, basil, vinegar, oil, and pine nuts until the pesto is slightly chunky. Be careful not to over process.
3. This goes great on crostinis as a colorful and tasty appetizer!





CRANBERRY BROWN RICE DRESSING

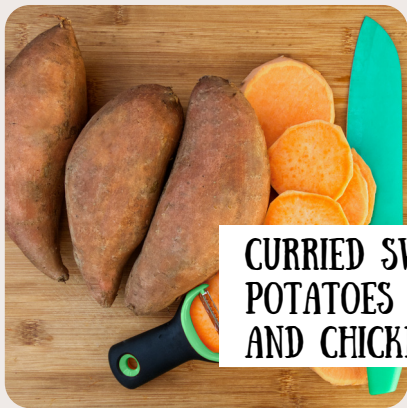
INGREDIENTS

- 1 cup brown rice
- 3/4 cup dried cranberries
- 3/4 cup onion chopped
- 3/4 cup celery chopped
- 1/2 cup pecans chopped
- 3/4 teaspoon poultry seasoning
- 1/4 teaspoon pepper
- Optional 1/4 cup parsley chopped
- 1-2 cups vegetable broth

DIRECTIONS

1. Prepare brown rice according to package instructions; you can prepare the rice in vegetable broth or a mixture of broth and water. Place cranberries in a bowl cover them with hot water.
2. In a large skillet sauté onion and celery in some vegetable broth until tender. Drain cranberries and add to the vegetable mixture. Fold in the rice and and some of the vegetable broth (a little at a time but no more than a cup) until the mixture is the consistency you desire.





CURRIED SWEET POTATOES WITH SPINACH AND CHICKPEAS

SERVINGS: 6

INGREDIENTS

- 2 large sweet potatoes (about 2 lbs.), peeled and diced
- 16–20-oz. can chickpeas, rinsed and drained
- 14.5-oz. can diced tomatoes
- 10 to 12 oz. fresh spinach, stemmed and coarsely chopped
- 1/2 cup chopped fresh cilantro
- 2 scallions, thinly chopped
- 1 to 2 tsp. curry powder
- 1/2 tsp. ground cumin
- 1/4 tsp. ground cinnamon

DIRECTIONS

1. In large saucepan fitted with steamer basket, bring 2 inches of water to a boil over high heat. Add sweet potatoes, cover and cook until just tender, about 15 minutes.
2. Meanwhile, in another large saucepan, combine chickpeas, tomatoes, and 1/2 cup water. Bring to a simmer over medium heat. Add spinach, cover and cook just until wilted, about 3 minutes.
3. Stir in sweet potatoes, cilantro, scallions, curry powder, cumin, cinnamon, and salt to taste until well combined. Reduce heat to low and simmer, uncovered, until softened bit, about 5 minutes.





SWEET POTATO HASH

SERVINGS: 4

INGREDIENTS

2 pounds sweet potatoes, cut in 1/2-inch pieces (peeling optional)
1/4 cup vegetable broth
3 garlic cloves, minced
1 small onion, chopped
1 small red bell pepper, chopped
1 small green bell pepper, chopped
1 tablespoon sweet paprika
Sea salt, to taste
Black pepper, to taste

DIRECTIONS

1. Place sweet potatoes in a large saucepan and cover with water. Simmer for about 15 to 17 minutes until tender. Drain and set aside.
2. Heat broth in a large skillet over medium heat. Cook garlic, onion, and bell peppers for about 4 minutes.
3. Add paprika, salt, and black pepper and continue to cook for 5 minutes, until vegetables are soft. Add the sweet potatoes and cook to heat through.

I am teaching a cooking class this Thursday and we will be making this recipe!





STUFFED THANKSGIVING PUMPKINS

SERVINGS: 8

INGREDIENTS

- 8 baby pumpkins (jack-be-littles)
- 1/3 cup vegetable broth
- 1/2 c. onion, chopped finely
- 2 large garlic cloves, minced
- 1/2 tsp. dried sage
- 1/2 tsp. thyme
- 1/2 c. wholegrain breadcrumbs
- 1/4 nuts pine nuts, toasted
- 1/3 c. celery, chopped finely
- 1/4 c. unsulphured dried apricots
- 1/2 c. nutritional yeast flakes
- tamari as desired

DIRECTIONS

1. Preheat oven to 350 F. Slice off the top 1/4 inch of each pumpkin and scoop out seeds. Bake pumpkins 15 minutes. Simmer onions and broth in large skillet over medium heat until onions are softened but not browned. Add seasonings and breadcrumbs. Cook, stirring for 1 minutes. Remove from heat and stir in remaining ingredients.
2. Loosely fill each pumpkin with stuffing. Bake for 15 minutes or until stuff is lightly browned and heated through. Do not overbake pumpkins or they will split.





CHEESY HASH BROWN POTATO CASSEROLE

INGREDIENTS

Cheese Sauce

- 2 cups peeled potato cubes
- 1 cup peeled and sliced carrot
- ¼ cup nutritional yeast
- 3 tbsp tapioca flour
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 3 tablespoons lemon juice
- 1/3 cup oil (optional, omit if desired and add more water for blending if necessary)
- 1/4-1/2 tsp red pepper flakes to taste
- 1/2-1 tsp salt to taste
- 1/2-1 tsp pepper to taste
- 1 1/2 cups water

Other Ingredients

- 8 oz vegan cheddar cheese shreds, Daiya brand or your favorite brand
- 24 oz frozen hash browns, bag vegan

DIRECTIONS

1. Place all the cheese sauce ingredients in a high-speed blender and puree until very smooth and creamy. Add more water if necessary for blending. The result should have the consistency of nacho cheese sauce. Taste test and add more salt or pepper if desired.
2. Once the cheese sauce is blended, place the slightly thawed shredded hash browns in a large bowl. Mix in the vegan cheese shreds and stir to combine. Then pour in the cheese sauce. Stir again until all the ingredients are evenly distributed. Pour into an 8x8 baking dish and bake at 350 degrees F for 25 minutes, until the top just begins to brown.





VEGAN DEVILED EGGS

These vegan deviled eggs are so close to the originals that you won't believe they're actually vegan!

INGREDIENTS

For the Whites

- 1 block Silken Tofu, drained (not pressed) (Not aseptic tofu)
- 3/4 tsp black salt
- 2 tsp agar agar

For the Yolk Filling

- 1 block Extra Firm tofu
- 1/4 cup + 1 tbsp vegan mayo (I prefer Veganaise)
- 2-3 tbsp yellow mustard
- 1/2 tsp black salt (kala namak)
- 1/2 tsp turmeric (for yellow color)
- smoked paprika (optional)

DIRECTIONS

For the egg whites

1. In a small blender or food processor, blend all egg white ingredients until smooth. Pour into a saucepan and heat it over medium heat until it starts to simmer. Whisk the mixture then let simmer for about 5 minutes to activate the agar agar. Remove from heat. Slowly pour mixture into egg molds or fill muffin tins 1/8 to 1/4 full. Let cool for in the fridge for about an hour to firm up.
2. Once the whites are firm, using a melon baller or small spoon, scoop out a small portion of the middle of the egg whites to create a hole for the filling. Be careful not to scoop too deep so you don't put a hole all the way through the white!

For the Yolk Filling

1. Using a small blender cup, food processor or beaters, blend all of the ingredients for the yolk filling until smooth. Store in fridge until ready to use.

Putting it all together

1. Once the whites are cooled and you have your hole for your filling, using a pastry bag with tip or a spoon, add yolk filling on top of the egg whites filling the hole you created and letting it spill out to resemble a deviled egg.
2. Sprinkle a little smoked paprika over the top of each egg. Cover and chill in the refrigerator until ready to eat.



GREEN BEAN CASSEROLE

INGREDIENTS

- 1 and 1/2 cup mushroom soup. I use Imagine portabella soup
- 1/2 cup cashews, raw and unsalted
- 1 Tablespoon soy sauce, I use liquid aminos
- 1/2 teaspoon garlic powder
- 1/4 cup nutritional yeast flakes
- 2 cans green beans, french-style if you can find them
- 1 can french-fried onions

DIRECTIONS

1. Preheat oven to 350 degrees. Place cashews in blender and pulse until no longer helpful. Add everything else but the green beans and onions and blend until smooth.
2. Drain green beans and place in a square casserole dish. Pour blended soup over the green beans and stir until coated.
3. Place in oven and bake for 10 minutes. Remove and top with the onions. Bake another 10 minutes. It's ready and yummers!





OZARK MOUNTAIN CORN CHOWDER

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium-size onion, cut into 1/4-inch dice
- 1 large red bell pepper, finely chopped (about 1 1/2 cups)
- 1 cup carrots, peeled and cut into 1/2-inch dice
- 1 jalapeño pepper, seeded and thinly sliced (use just one if you like less heat)
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- A few dashes fresh black pepper
- 1 pinch cayenne (optional)
- 1 teaspoon salt
- 3 cups vegetable broth or water
- 3 cups fresh corn kernels (from about 5 ears of corn)
- 2 medium-size russet potatoes, peeled and sliced into 1/2-inch chunks
- Juice of 1 lime
- 1/4 cup plain almond milk
- 3 tablespoons maple syrup

DIRECTIONS

1. In stockpot sauté the onions, bell peppers, carrots, and jalapeños in the olive oil over medium heat until
 2. the onions are translucent, about 7 minutes.
 3. Add rosemary, thyme, black pepper, and salt; sauté 1 minute more. Add the broth, corn, potatoes, bay
 4. leaf, and cayenne. Cover and bring to a boil, then lower the heat and simmer for 20 minutes, or until the
 5. potatoes are tender. Uncover and simmer 10 minutes more to let the liquid reduce a bit.
 6. Remove the bay leaf and puree half the chowder either using a handheld blender or by transferring half
 7. the chowder to a blender, pureeing till smooth and adding back to soup.
 8. Add the lime juice to taste, and the soy milk and maple syrup, and simmer 5 more minutes.
 9. Let sit for at least 10 minutes and serve.
- Tastes even better the next day.





BUTTERNUT SQUASH CORNBREAD MUFFINS

MAKES 16 TO 18 MUFFINS

INGREDIENTS

½ cup of vegetable oil
1/3 cup of Just Egg
¼ cup brown sugar
½ cup of granulated sugar
1 cup of cooked butternut squash puree (1 peeled, seeded and chopped 1 medium squash and roasted it in the oven on an oiled cookie sheet at 450 degrees for about 30 minutes. Placed roasted squash in food processor and blended until super smooth.)
2 cups of flour
¼ tsp. Salt
2 cups of cornmeal
1 tsp. Baking soda
2 tsp. Baking powder
1 cup of any plant based milk

DIRECTIONS

1. Preheat oven to 350 degrees and spray a muffin pan with non stick spray then set to the side.
2. In a large mixing bowl, combine the vegetable oil, Just Egg, both sugars and squash puree and whisk together until combined.
3. Sift together all of the dry ingredients before adding them to the squash mixture, then add the milk and stir until muffin batter is smooth.
4. Spoon batter into prepared muffin tin and bake at 350 for about 20-25 minutes. I like to serve mine warm from the oven with apple butter. Enjoy!





VEGAN BANANA BREAD

INGREDIENTS

- 5 ripe bananas
- 2 cups almonds
- 2 cups unsweetened
coconut
- 15 pitted dates
- 2 cups multigrain
cereal
- 3 cups soy milk

DIRECTIONS

1. Lightly grease pans with cooking spray
2. Add all ingredients to a blender and
blend for 1 or 2 minutes
3. Pour mixture into the pans
4. Cook at 400 degrees approx 60 to 75
minutes
5. Enjoy





**THE PREMIER TRAINING &
CERTIFICATION PROGRAM FOR
VEGAN COACHES, EDUCATORS AND
ENTREPRENEURS SINCE 2012**

For more information:
<https://mainstreetvegan.com>

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