

» VEGAN »

THANKSGIVING CHECKLIST



SO, YOU'VE MADE THE
COMPASSIONATE DECISION
TO CELEBRATE A
VEGAN THANKSGIVING?
YAY!



PETA Kids is here to provide you with easy recipes that you can cook with your family. We've got all the main dishes covered!

SHOPPING LIST



There's a vegan option for everything!
Check out some of the following easy-to-find ingredients:

- **Tofurky Roast (packaged with stuffing, wild rice, and cranberry dumplings), Field Roast's Celebration Roast, or Gardein's Savory Stuffed Turk'y or Holiday Roast:** These vegan turkey alternatives are available at countless grocery stores across the country, including many Whole Foods, Publix, and Kroger locations. Tofurky also sells vegan gravy. Trader Joe's sells a turkey-less stuffed roast with gravy. Check out Tofurky.com, FieldRoast.com, and Gardein.com for more information and to find a location near you!
- **Vegan stuffing:** Check the ingredients, but many mixes are already vegan—just use vegetable broth when you're cooking.
- **Soy milk:** Original and unsweetened varieties of soy milk can replace cow's milk in any Thanksgiving dish, including mashed potatoes. Soy milk is available at many grocery stores as well as some Walmart and Target locations. Almond, oat, and rice milks are great options as well.
- **Vegan margarine:** Several kinds of vegan margarine are available. Earth Balance and Smart Balance Light Buttery Spread with Flaxseed Oil are two of the most popular.
- **Vegetable stock:** Replace meat-based stock with vegetable stock in any recipe, such as homemade stuffing.
- **Tofu or applesauce:** For baking recipes in which eggs are used to add moisture, you can easily replace them with tofu or applesauce. Use ¼ cup of soft tofu or unsweetened applesauce to replace one egg.
- **Egg replacer or baking soda:** Use these for leavening in baked goods, such as breads, cakes, muffins, and cupcakes.
- **Bananas or cornstarch:** These can be used for binding in baked goods so that they hold together well and don't crumble. Use 1 mashed banana or 1 Tbsp. cornstarch mixed with 2 Tbsp. water for each egg.



GARLICKY MASHED POTATOES



TOFU TURKEY



PUMPKIN PIE

IT'S EASY TO VEGANIZE RECIPES!



We've put together vegan recipes for some well-known (and well-loved) Thanksgiving dishes. Concerned about health? By removing the meat, dairy products, and eggs from these favorite holiday recipes, you will also be removing the cholesterol and a lot of the saturated fat. Don't worry—these tasty recipes are sure to wow vegans and nonvegans alike.

GARLICKY MASHED POTATOES

MAKES 4 TO 5 SERVINGS

INGREDIENTS

5 large potatoes, washed, peeled, and diced
14–16 cloves garlic, peeled
2 Tbsp. vegan margarine
 $\frac{3}{4}$ –1 cup soy milk
Salt and pepper, to taste

DIRECTIONS

- Place the potatoes and whole cloves of garlic in a large pot and cover with water. Bring to a boil and cook for 20 minutes.
- Drain, place in a bowl with the remaining ingredients, and mash until smooth.
- Serve hot.

CLASSIC THANKSGIVING STUFFING

MAKES 4 TO 6 SERVINGS

INGREDIENTS

1 Tbsp. vegan margarine
(try Earth Balance brand)
1 cup chopped onion
1 cup chopped celery
2 cups vegan broth
1 12-oz. bag herb-seasoned, cubed
vegan stuffing (try Pepperidge Farm
brand, which is available almost
everywhere)

DIRECTIONS

- Melt the vegan margarine in a big pot over medium-high heat. Add the onions and celery and cook for 2 to 3 minutes. Remove from the heat.
- Add the broth.
- Add the stuffing and mix lightly.
- Spoon into a greased casserole dish.
- Cover with tin foil and bake at 350°F for 15 minutes.
- Remove the foil and continue baking for another 15 minutes.

GREEN-BEAN CASSEROLE

MAKES 4 TO 6 SERVINGS

INGREDIENTS

½ medium onion, diced
¾ cup chopped button mushrooms
1 Tbsp. vegetable oil
Salt and pepper, to taste
1½ cups unsweetened soy milk
1 vegan bouillon cube
2½ Tbsp. cornstarch
2 Tbsp. cold water
1 28-oz. can cut green beans
1 6-oz. can French-fried onions

DIRECTIONS

- Preheat the oven to 350°F.
- Sauté the onions and mushrooms in the vegetable oil in a skillet. Season with the salt and pepper.
- Heat the soy milk and the bouillon cube in a saucepan, stirring until the bouillon dissolves. Do not allow to boil. Mix the cornstarch and water together and add to the pan, stirring well.
- Quickly add the green beans, the sautéed vegetables, and about half the French-fried onions and stir well.
- Pour into a casserole dish and top with the remaining French-fried onions. Bake for about 15 minutes, or until the onions begin to brown.

PUMPKIN PIE

MAKES 8 SERVINGS

INGREDIENTS

1 15-oz. can pumpkin
¾ cup light brown sugar
1 12-oz. pkg. extra-firm silken tofu
1 tsp. cinnamon
¼ tsp. cloves
¼ tsp. nutmeg
½ tsp. salt
1 9-inch unbaked pie shell
Vegan whipped cream (optional)

DIRECTIONS

- Preheat the oven to 425°F.
- Blend the pumpkin and brown sugar in a blender or food processor. Add the tofu, spices, and salt and blend until smooth. Pour into the unbaked pie shell.
- Bake for 15 minutes, then reduce the heat to 350°F and bake for another 60 minutes, or until the filling sets.
- Chill and serve topped with vegan whipped cream, if desired.

COMMON QUESTIONS

Here are our answers to some of the most commonly asked questions that we get here at PETA Kids about making the transition to vegan eating. The number one thing to remember is that adopting a vegan lifestyle is the best way to save animals, improve your health, and help the environment—and what better time to make the transition than now?

WHAT IS THE DIFFERENCE BETWEEN A VEGETARIAN AND A VEGAN?

Vegetarians don't eat meat—and that includes chicken and fish. Vegans avoid all products that come from an animal, including eggs, milk, honey, leather, etc. Luckily, there are vegan alternatives to almost anything, including whipped cream, ice cream, cream cheese, and more.

HOW CAN I GET MORE INVOLVED?

Every day, more and more young people are realizing that animals on factory farms—such as pigs, chickens, cows, and turkeys—can feel pain and fear, just like the animals we share our homes with. No one supports cruelty to the animals who end up on our plates—and when people find out how they can help stop it (and the best way to help is to go vegan!), they feel passionate about speaking up. See if there's an animal rights or vegan group at your school. If not, you can contact PETA Kids to get help with starting one up!



GREEN-BEAN CASSEROLE

I'VE HEARD THAT FOLLOWING A VEGAN DIET IS UNHEALTHY. HOW CAN I MAKE SURE THAT I'M GETTING THE PROPER VITAMINS AND NUTRIENTS?

Eating a plant-based diet is extremely healthy! Wholesome vegan foods contain no cholesterol, are often low in saturated fats, and are full of protein, iron, and calcium. Vegans have, on average, a lower rate of obesity and are less likely to suffer from heart disease, cancer, and strokes, which are among the leading causes of death in the U.S.

ISN'T FOLLOWING A VEGAN DIET REALLY EXPENSIVE?

Eating meat, dairy foods, and eggs can be very expensive. Going vegan doesn't mean that you have to break the bank. There are lots of simple, cheap recipes at PETA.org and PETAKids.com, and *PETA's Vegan College Cookbook* features more than 275 affordable and delicious recipes that you can easily make.

STILL HAVE QUESTIONS?

Check out PETAKids.com for more recipes and tips or to learn more ways to help animals.