

Veggie Pot Pie with Stuffing Crust

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Ingredients

1 ½ C Carrots, chopped
1 ½ Large Potato, peeled and cubed
¾ C Celery, chopped
1 ½ C Peas, frozen
½ C Butter
3 Cloves Garlic, minced
½ C Flour
¾ tsp Salt
¼ + tsp Black Pepper
¼+ tsp Celery seed
2 ½ C Veggie broth
1 C Milk, non-dairy
1 Can Butter beans (or Cannellini)

Directions for Veggie Pot Pie

Preheat oven to 350*.

Boil carrots, potatoes and celery in medium pot for 12 minutes. (If making your own vegetable broth, reserve liquid from veggies and add 3 tsp bouillon to 2 ½ C liquid.) Drain and add veggies back to pot adding frozen peas, mix, cover and set aside.

In large skillet on medium-high heat sauté garlic in butter for 3 minutes. Reduce heat to medium-low and stir in flour & spices stirring constantly until fully combined and flour has turned a light golden color (about 5 minutes – do not skimp on time!). Slowly whisk in veggie broth stirring until it starts to thicken, then add non-dairy milk. Simmer about 20 minutes, stirring every few minutes. (*Meanwhile make stuffing.*)

Remove from heat & add veggies & butter beans to combine. Place in 9x13 baking dish and top with prepared stuffing. Bake 25-30 minutes or until crust is golden and filling is hot and bubbly.

Serves 8-10.

Original version of Veggie Potpie at end of recipes.

Stuffing

Ingredients

8 C torn or cubed into bite sized pieces French bread, dried
2 stalks Celery, sliced fairly small
1 small Onion, chopped small
1 T Butter, non-dairy
¾-1 C Veggie broth (I use 1 slightly heaping tsp bouillon mixed with 1 C water)
¼ C Nutritional Yeast
½ C fresh Parsley, finely chopped
2 tsp Poultry seasoning
1 tsp Sage, ground
½ tsp Garlic Powder
¼ tsp Salt
1/8 tsp Pepper

Directions

Stale bread works best here, you can cut/tear the bread the night before and let it sit to harden. OR if your bread is fresh or you need it quicker, preheat oven and bake the bread cubes on 2 baking sheets at 250* for 50 minutes.

In a large, deep nonstick skillet over medium heat add the butter; when melted add onions and celery and sauté for about 7-8 minutes or until onion is translucent; add fresh parsley, sage, poultry seasoning, garlic powder, salt and pepper and cook an additional 2 minutes. Remove from heat and set aside.

In large bowl add the toasted bread and nutritional yeast. Add vegetables and veggie broth to the stuffing and mix to combine. Set aside.

Cranberry Relish

Ingredients

2 large Red Apples, cored and quartered
1 12 oz. bag Cranberries (3 ½ cups)
1 C Dates, pitted
1 organic Orange (or regular orange thoroughly washed), DO NOT PEEL

Directions

Using shred option on food processor, process all ingredients through to combine. Store in refrigerator until ready to serve.

Pumpkin Mousse Parfait

Ingredients

2 cans full-fat Coconut milk (refrigerated overnight)
1 ½ C organic Pumpkin puree
1/3 C pure Maple Syrup
1 tsp Vanilla extract
2 tsp Cinnamon, ground
1 tsp Allspice, ground
1 tsp Ginger, ground
¼ tsp Nutmeg, ground
¼ tsp Salt
¾ C Caramelized Maple Pecans, coarsely chopped (recipe to follow)
Graham crackers

Directions

Place two 13.66-ounce cans of unsweetened coconut milk in the refrigerator overnight. This lets the coconut cream separate from the liquid.

Open the coconut milk and use a spoon to remove the hardened cream from the top. Place it in a bowl and whip with electric hand mixer or wire whisk until fluffy and whipped.

In a separate bowl, mix the pumpkin puree, maple syrup, vanilla, salt and pumpkin spices (cinnamon, ginger, nutmeg, and allspice).

Fold the whipped coconut cream into the pumpkin.

Crumble a half graham cracker into bottom of short glass or small bowl. Add ½ cup pumpkin mousse, then top off with additional whipped coconut milk and candied pecans.

Caramelized Maple Pecans

Ingredients

2 C Pecans
1/2 C Pure Maple Syrup
1 1/2 tsp Cinnamon, ground
1/8 tsp Cayenne, ground
1/2 Sea Salt, fine ground

Directions

In medium skillet over medium heat combine all ingredients and toss with spoon until pecans are evenly coated and spices have mostly dissolved in the syrup. Once mixture comes to a low simmer, reduce heat to medium-low to maintain a low simmer, simmering mixture for about 20-25 minutes. Stir until liquid has evaporated and pecans have caramelized. You'll know it's ready when the syrup starts to crystalize. Salt and cook for 1 more minute, stirring often. Spread quickly on waxed paper. Separate. Cool. Store in refrigerator.

Harvest dip

Ingredients

1 C Pumpkin Seeds, raw, shelled
3/4 C Water (add more or less to desired thickness)
1 T Apple Cider Vinegar
1 T Lemon Juice
1 tsp Mustard, prepared
1 tsp Onion Powder
1/2 tsp Salt
1 tsp Garlic Powder
1/2 tsp Dill Weed, dried
1/4 tsp Ground Black Pepper
1/2 tsp Oregano, dried
1 tsp Parsley, dried

Directions

In food processor, combine pumpkin seeds processing until you reach a fine meal/flour. This should take about 5 minutes. Add water and process about 5 more minutes. Add rest of ingredients and process until combined. Add more water for thinner dip. Chill. Use as a dip or a spread.

Veggie Pot Pie originally

Ingredients

1 C Carrots, chopped
1 Large Potato, peeled and cubed
½ C Celery, chopped
1 C Peas, frozen
1/3 C Butter
1/3 C Onion, chopped
2 Cloves Garlic, minced
1/3 C Flour
½ tsp Salt
¼ tsp Black Pepper
¼ tsp Celery seed
1 ¾ C Veggie broth
2/3 C Milk, non-dairy
1 Can Butter beans (or Cannellini)
Pie crust for 2 crust pie

Directions

Preheat oven to 425*.

Boil carrots, potatoes and celery in medium pot for 12 minutes. (If making your own vegetable broth, reserve liquid from veggies and add 2 tsp bouillon to 1 ¾ C liquid.) Drain and add veggies back to pot adding frozen peas, mix, cover and set aside.

In large skillet on medium-high heat sauté onion & garlic in butter for 3 minutes. Reduce heat to medium-low and stir in flour & spices mixing constantly until fully combined and flour has turned a light golden color (about 5 minutes – Do not skimp on this time!). Slowly whisk in veggie broth stirring until it starts to thicken, then add non-dairy milk. Simmer about 20 minutes, stirring every few minutes. (Roux will thicken the longer you cook it.) Remove from heat & add veggies & butter beans to combine.

Place pie crust in bottom of 9" deep dish pie plate. Poke several holes in the bottom and bake for 7 minutes. Remove from oven and add filling. Top with remaining pie crust, sealing edges. Cut small slits in top to allow steam to vent.

Bake for 30-35 minutes until crust is golden brown. Cool for 10 minutes before serving.