

## Instant Pot Mashed Potatoes

- 6-8 medium Russet potatoes, chopped (5 c.)
- 1 c. vegetable broth (I like Swansons)
- 1 T. vegan margarine
- 1/3 c. unsweetened non-dairy milk
- 2 t. onion powder
- 1/2 t. salt

Place chopped potatoes in Instant Pot with vegetable broth. Cook for 4 minutes. Release pressure manually as soon as potatoes are done. Lift lid carefully and add remaining ingredients. Mash and enjoy! Keep on warm until ready to serve, if not serving right away.

## Holiday Gravy

- 1/4 c. whole grain spelt flour
- 1/4 c. cornstarch
- 1/2 t. each: garlic powder, onion powder
- 1/4 t. each: rosemary, thyme, sage, salt
- 2 c. vegetable broth
- 1 c. unsweetened almond milk
- 2 T. coconut aminos (Fred Meyer nutrition center)

Whisk all dry ingredients together. Whisk in broth gradually. Add milk and coconut aminos. Bring to a boil over medium-high heat, stirring frequently. Ready to serve!

## Vegan "Turkey"

- 1/2 c. vital wheat gluten flour
- 1 T. each: brown rice flour, oat flour (make-your-own in blender)
- 1 t. each: nutritional yeast, onion powder
- 1/2 t. each: sage, garlic powder
- 1/4 t. each: salt, parsley celery seed
- 1/2 c. vegetable broth + 1/2 t. olive oil (room temp or warmed in microwave 15 seconds)

Combine broth ingredients in large frying pan and bring to a boil. (2 c. vegetable broth, 1/4 c. chopped onion, 1 Bay leaf) Reduce heat to a gentle simmer and make vegan "turkey". Mix all dry ingredients together in bowl. Add vegetable broth and olive oil and stir with fork. Knead for a bit until dough feels elastic and is smoother. (If dough feels too wet or about to fall apart, add a bit more gluten flour). Form into a small log. Cut into 10 slices, flatten slightly with hands and place in gently simmering broth. Cover and simmer for 45 minutes. When slices are cool enough to handle, lightly dip into the breading mixture (1/4 c. nutritional yeast, 3 T. panko breadcrumbs, 1 T. whole grain spelt flour, 1/4 t. onion powder, pinch of salt). Fry in a bit of olive oil or avocado oil until lightly browned on each side. Fry with some chopped onions and peppers for extra flavor. Enjoy! (Can thicken broth by mixing 1 T. cornstarch with 1 T. water and stirring into broth, bring to a boil to use as a gravy). Enjoy!

## Thanksgiving Stuffing

- 6 c. slightly dry bread cubes (make-your-own in oven, bake on tray at 350° for 10 minutes)
- 1 c. each: chopped onion, chopped celery
- 1 garlic clove, minced
- 1 T. sage
- ½ t. each: thyme, rosemary, salt
- ½ c. each: chopped pecans, dried sweet cranberries
- 1 ½ c. vegetable broth

Sauté onion, celery and garlic in a splash of olive oil or vegetable broth with seasonings for a few minutes to soften. Mix with oven-dried bread cubes, pecans and cranberries. Add vegetable broth gradually. Lightly press into oiled or parchment lined casserole dish. Bake at 375 degrees for 30 minutes. (If using non-stick casserole dish, bake at 325°) Enjoy!

## Berry Good Cranberry Sauce

- 1 c. each: fresh cranberries, frozen raspberries, frozen wild blueberries
- ½ c. orange juice
- ¼ c. agave
- 2 T. coconut sugar
- 1 t. vanilla
- 2 T. chia seeds

Place fresh cranberries, orange juice, agave, coconut sugar and vanilla in small kettle and bring to a boil. Lower heat and continue cooking for 3-4 minutes. Add frozen berries, bring to a boil again, reduce heat and continue cooking for another 3-4 minutes. Remove from heat and stir in chia seeds. Let rest for 30 minutes to thicken. Store in fridge. Enjoy!

## Simple Pumpkin Pie

- 1 15 oz. can pure pumpkin
- ½ c. organic cane sugar
- 1/3 c. cornstarch
- 2 t. cinnamon
- ½ t. salt
- ¼ t. coriander
- Pinch of cardamom
- 1 c. So Delicious vanilla coconut milk
- 1 vegan pie crust

Stir dry ingredients into pumpkin. Whisk in coconut milk. Pour into vegan crust. Bake at 375° for 45-55 minutes. Cover edges with pie shield or strips of foil to prevent from browning too much. Cool on wire rack and refrigerate. Enjoy!