

VEGAN

Friendsgiving Guide



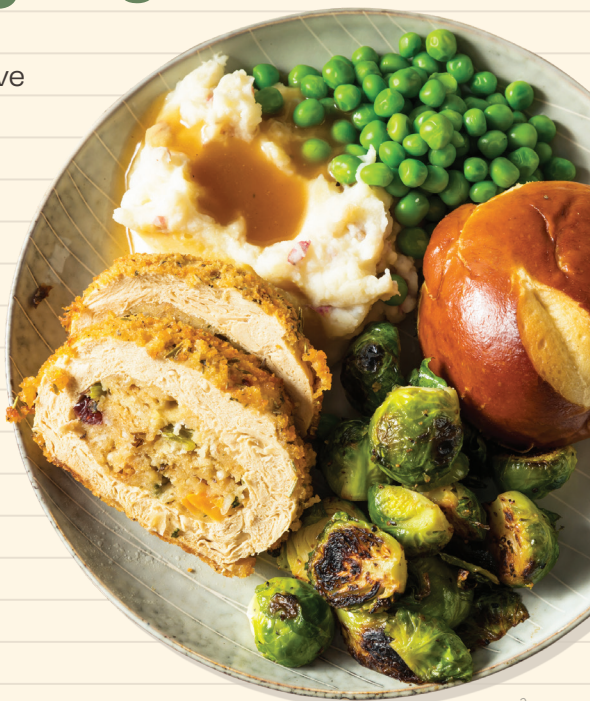
peta2 has you covered on recipes and crafts for your Friendsgiving this year, because sharing food is an easy way to spread compassion!

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Use this time of year to spread gratitude and peace for everyone by hosting a **vegan Friendsgiving!**

These recipes and tips will have your friends asking how you did it, and you'll be able to tell them that the not-so-secret ingredient is ♦ compassion. ♦

You can't have Friendsgiving without the perfect vegan roast, and there are many ready-made options available at grocery stores across the country, including Whole Foods, Publix, and more!



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Gardein Savory Stuffed Turk'y and Holiday Roast



Big Mountain Plant-Based Roast



Tofurky Plant-Based Roast (with wild-rice stuffing)



Field Roast Celebration Roast



And every delicious roast needs some amazing apps and sides—check out some of our favorite recipes!

Chickenless Pot Pie

If your local supermarket doesn't sell vegan roasts or if you just want a different main entrée, a chickenless pot pie is the perfect way to go!

Ingredients

- ½ cup nutritional yeast
- ½ cup flour
- ½ cup oil
- 2 ½ cups vegetable broth
- 1 tsp. garlic salt
- ½ tsp. pepper
- 1 15.5-oz. can white potatoes, drained and cut into small pieces
- 1 ½ cups frozen or canned and drained mixed corn kernels, peas, and diced carrots
- ½ lb. vegan chicken, cut into tiny cubes
- 2 cans vegan crescent rolls



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Directions

- Preheat the oven to 400°F.
- Combine the nutritional yeast and flour in a large pot and stir constantly over low heat until lightly toasted.
- Add the oil, stirring to make a roux. Slowly whisk in the broth, garlic salt, and pepper.
- Add the vegetables and vegan chicken. Cook for 5 to 10 minutes or until heated through.
- Roll out the dough from one of the vegan crescent roll cans and place in a 9-inch pie dish, trimming to fit.
- Bake the dough in the oven for 5 to 10 minutes or until it starts to puff.
- Remove the pastry from the oven, pour the filling into it, and place the dough from the other crescent roll can on top.
- Continue baking for approximately 20 minutes or until the pastry is golden and puffed.

Makes 6 servings

Stuffing

Ingredients

- 1 Tbsp. vegan margarine
- 1 cup chopped onion
- 1 cup chopped celery
- 2 cups vegan broth
- ½ cup dried cranberries (optional)
- ½ cup diced apple (optional)
- ¼ cup pine nuts (optional)
- 1 12-oz. bag herb-seasoned, cubed vegan stuffing
(Try Pepperidge Farm brand, which is available in most grocery stores.)



If making stuffing from scratch isn't on your agenda, many premade stuffing mixes are "accidentally vegan." Just check the ingredients and use vegetable broth and vegan butter.

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, cranberries, apples, and pine nuts.
- Add the stuffing and mix lightly.
- Spoon into a greased casserole dish.
- Cover with foil and bake at 350°F for 15 minutes.
- Remove the foil and continue baking for another 15 minutes.

Makes 6 servings

Garlicky Mashed Potatoes

Ingredients

- 5 large yellow potatoes, washed, peeled, and diced
- 14–16 cloves garlic, peeled
- 2 Tbsp. vegan margarine
- ¾–1 cup unsweetened almond 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 with vegan gravy.



Makes 6 servings

Savory Green Bean Casserole

Ingredients

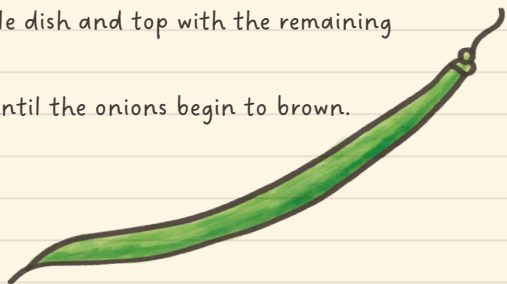
- ½ medium onion, diced
- ¾ cup chopped button mushrooms
- 1 Tbsp. vegetable oil
- ½ tsp. oregano
- ½ tsp. thyme
- ½ tsp. sage
- Salt and pepper, to taste
- 1 ½ cups unsweetened soy milk
- 1 cube vegetarian bouillon
- 2 ½ Tbsp. cornstarch
- 2 Tbsp. cold water
- 1 can cut green beans
- 1 6-oz. can French-fried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



Directions

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

Makes 4 to 6 servings



Mac 'n' 'Cheese'

Ingredients

1 ½ lbs. pasta

1 ½ cups soy milk

1 cup water

⅓ cup soy sauce

1 ½ cups nutritional yeast

1 Tbsp. paprika

1 Tbsp. garlic powder

1 Tbsp. salt (optional)

3 oz. firm tofu

1 cup canola oil



Short on time?
Buy Daiya boxed
mac and cheese!

Directions

- Preheat the oven to 350°F.
- Fill a large pot with water and bring to a rapid boil over high heat. Add the pasta and cook according to the package directions. When done, drain and set aside.
- Place all the remaining ingredients in a blender or food processor and blend until well combined.
- Add the cooked pasta to a casserole dish, pour the "cheese" mixture over the pasta, and stir to coat the noodles. Bake for about 15 to 20 minutes, or until the sauce begins to thicken and brown slightly.

Makes 6 servings



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Frybread

Frybread is a common dish in Native communities that emerged out of necessity during a painful part of history and is now a staple at festivals.



Side note: Turkeys are a sacred bird in several Native nations! Use this holiday as an opportunity to show respect for all by sparing lives and following these vegan recipes.

Ingredients

- 2 cups all-purpose flour
- 1 Tbsp. baking powder
- 1 cup hot water
- A dash or two of vegan milk for fluffiness
- A dash of salt
- Vegetable oil

Directions

- Mix flour, baking powder, water, vegan milk, and salt in a bowl until it has a sticky, doughy texture.
- Let it rest for 10 minutes.
- On a clean surface, put a layer of flour down and roll dough into balls.
- Flatten the balls into a disk shape.
- Carefully place the dough in a heated pan of vegetable oil.
- Fry in vegetable oil for 15 seconds on each side or until golden.
- Place fry bread on a plate with paper towels to soak up excess oil.
- Enjoy savory with vegan chili, lettuce, and tomatoes, or enjoy sweet with agave, jams, and berries.

Makes 6 to 8 servings

Pumpkin Pie

Ingredients

- 1 1/4 lbs. soft tofu
- 1 16-oz. can pumpkin purée
- 3/4 cup maple syrup
- 3/4 cup sugar
- 1/3 cup unbleached all-purpose flour
- 1 Tbsp. ground cinnamon
- 1 tsp. ground ginger
- 1 tsp. ground nutmeg
- 1 9-inch unbaked pie shell

Directions

- Preheat the oven to 400 degrees F.
- Blend all the ingredients for the filling in a blender or food processor until smooth. Pour the mixture into the unbaked pie shell.
- Bake for 30 minutes, then turn the oven down to 350 degrees F and bake for another 30 to 45 minutes or until the filling is set.
- Serve warm or cold and topped with vegan whipped cream.

Makes 6 to 8 servings

Making your own crust is easier than you might think!

Check out this flaky recipe at [PETA.org/recipes/flaky-pie-crust](https://peta.org/recipes/flaky-pie-crust). If convenience is more your style, grab a ready-made vegan crust such as Wholly Wholesome Organic Pie Shells or Marie Callender's Frozen Pastry Pie Shells.



Want all the pie with none of the prep? Pick up a Marie Callender's Apple Pie.



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Friendsgiving Activities!

Get crafty with your friends! Heal your inner child by making paper turkeys like we did growing up, and then write sweet turkey facts or wake-up calls like these to help show just how unique and deserving of respect turkeys are. ♥



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Turkeys love music and will legit try to sing along.
Don't eat these amazing animals for Thanksgiving.

Most turkeys are slaughtered when they're only 5 or 6 months old. Are you eating a baby for Thanksgiving?

More than 45 million turkeys will be slaughtered for Thanksgiving this year. 😞 Please, go vegan!

In nature, turkeys can live for up to 10 years.
Help them enjoy their full lives:
Eat vegan this Thanksgiving
and every day!

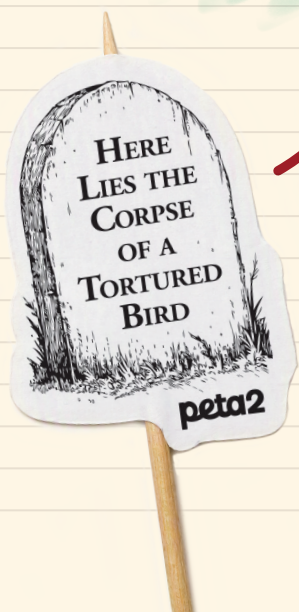
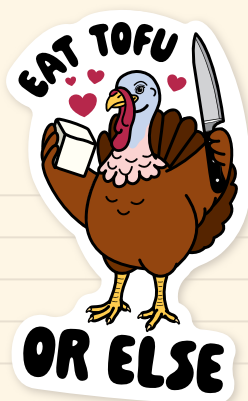


WHEN THEY'RE PETTED!

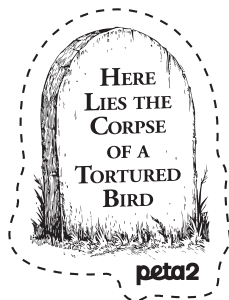
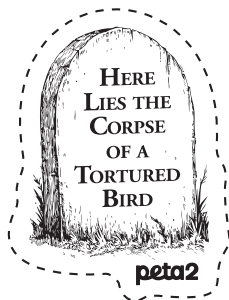
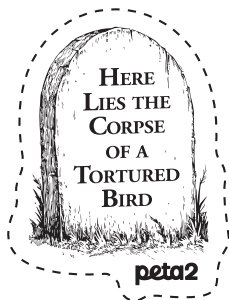
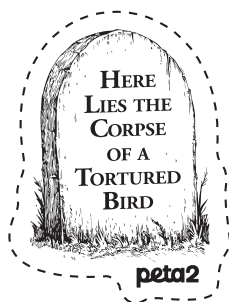
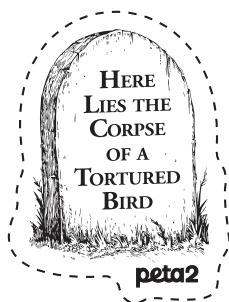
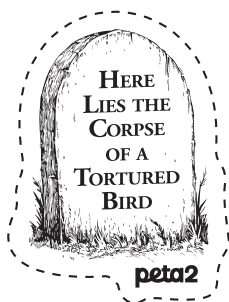
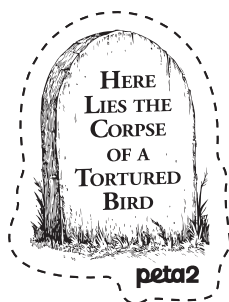
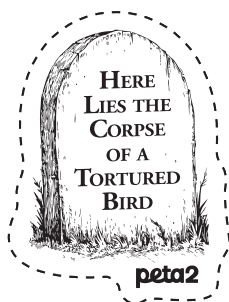
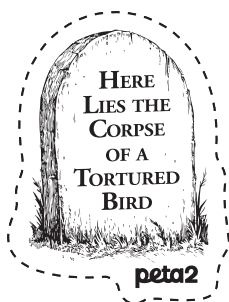


Turkey-Eaters: Wake Up!

If you're attending a gathering where there will be a dead bird on the table (ugh), give meat-eaters a wake-up call about *who* they're eating: someone who wanted to live. Cut these out, attach a toothpick ... and you know the rest.

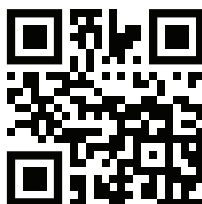


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Submit pictures of yourself doing these activities to get peta2 Rewards points!

With peta2 Rewards, you have a chance every day to raise awareness of animal issues, rack up peta2 points, and cash 'em in for exclusive animal rights merch. Whether you want to submit pictures of your vegan Friendsgiving or of tombstones you've placed around a store, we'd love to see! Sign up at peta2.com/Rewards to earn FREE peta2 shirts, books, stickers, and more.





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