



PURPLE  CARROT

# Give thanks!

10 PLANT-BASED  
RECIPES  
PERFECT FOR  
THANKSGIVING



**THANKSGIVING**  
*Powered*  
**BY PLANTS**

From appetizers to dessert, we're sharing our favorite dishes for a plant-based Thanksgiving. Inside, find the recipes and shopping list to help you prepare a delicious holiday meal. All of the recipes serve 4.

**Happy Thanksgiving!**

*Your Purple Carrot Team*

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# PLANT-BASED THANKSGIVING

## GROCERY LIST

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### KITCHEN STAPLES

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- » 6 tbsp olive oil
- » Salt and pepper
- » 2 tsp vegetable or coconut oil

### DAIRY ALTERNATIVES

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- » 6 tbsp cashew milk
- » 1 13.5-oz can coconut milk
- »  $\frac{3}{4}$  cup + 2 tbsp vegan butter

### NUT BUTTERS, VINEGARS, SAUCES

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- » 2 tbsp apple cider vinegar
- » 2 tbsp white balsamic vinegar

### SEEDS, GRAINS, NUTS, BEANS

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- »  $\frac{1}{4}$  cup Brazil nuts
- »  $\frac{1}{2}$  cup hazelnuts
- » 5 oz roasted chestnuts

### PRODUCE

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*Wash and dry all of your produce before using.*

- |   |   |                              |
|---|---|------------------------------|
| » 1 lb baby spinach                             | rosemary                                | » 2 lbs mixed wild mushrooms |
| » $\frac{1}{2}$ lb broccoli rabe                | » 0.75 oz fresh sage                    | » 1 orange                   |
| » 2 12-oz butternut squash                      | » 0.25 oz fresh thyme leaves            | » 1 stalk celery             |
| » $\frac{3}{4}$ lb cremini mushrooms            | » 1 head of garlic                      | » 2 small yellow onions      |
| » $\frac{1}{4}$ cup dried cranberries           | » $\frac{3}{4}$ lb golden beets         | » 1 shallot                  |
| » 1 lb fresh or frozen cranberries              | » $\frac{3}{4}$ lb kabocha squash cubes | » 1 lb Yukon potatoes        |
| » 0.5 oz fresh herbs such as parsley, thyme, or | » 1 leek                                |                              |

### SPICES & OTHER

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- |                                    |  |  |
|------------------------------------|--|--|
| » 2 cups + 2 tsp all-purpose flour | » Pinch ground cinnamon                  | » 2 tsp pumpkin pie spice                    |
| » 3 tbsp cornstarch                | » $\frac{1}{8}$ tsp ground nutmeg        | » 2 cups pumpkin puree                       |
| » 4 dried bay leaves               | » $\frac{1}{2}$ cup + 1 tbsp maple syrup | » $\frac{1}{2}$ cup turbinado or other sugar |
| » $\frac{1}{4}$ cup brown sugar    | » $\frac{1}{4}$ cup nutritional yeast    | » 1 tsp vanilla                              |
| » 20 oz fresh gnocchi              | » 1 Not-Chick'n bouillon cube            | » $\frac{1}{2}$ cup vegetable broth          |
| » 2 tbsp granulated sugar          |  | » 8 oz bread                                 |

### OPTIONAL

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- |  |                |                   |
|--|----------------|-------------------|
| » $\frac{1}{2}$ cup sherry or dry white wine | » Vegan yogurt | » Sliced oranges  |
| » Croutons                                   | » Crusty bread | » Vegan ice cream |

30 min.



# PAN-ROASTED WILD MUSHROOMS

with Garlic & Fresh Herbs





# PAN-ROASTED WILD MUSHROOMS

with Garlic & Fresh Herbs

- » 2 lbs mixed wild mushrooms
- » 4 cloves garlic
- » ½ oz fresh herbs such as parsley, thyme, or rosemary
- » 1 tbsp olive oil
- » 2 tbsp vegan butter
- » ½ cup sherry or dry white wine (optional)
- » Salt and pepper
- » Optional: crusty bread, for serving

## DIRECTIONS

Gently wipe the mushrooms clean of any dirt with a damp paper towel. Trim just the ends away from the mushrooms, unless they are woody (such as oyster mushrooms). Thinly slice the garlic. Pick the herb leaves from the stems and mince the leaves.

Place a large skillet or pot over medium-high heat and add 1 tbsp olive oil and the butter. Once the butter is hot, add the mushrooms and cook, stirring occasionally, until browned in places, about 5 to 6 minutes.

Add sliced garlic and a pinch of salt and pepper and cook until the garlic is softened, about 2 to 3 minutes. Add the sherry (optional) and simmer until there is very little liquid left, about 30 seconds.

Add the minced fresh herbs to the mushrooms and stir. Taste and adjust seasoning with salt and pepper. Serve on crusty bread.



20 min.



# BUTTERNUT SQUASH BISQUE

## DIRECTIONS

Peel and roughly chop the onion. Peel and cube the butternut squash.

Place a large pot over medium heat with 1 tbsp olive oil. Add the chopped onion, cubed butternut squash, and a pinch of salt and pepper. Cook, stirring occasionally, until the onion begins to soften, about 4 to 5 minutes. Add the coconut milk, cinnamon, and 1¼ cups water and bring to a boil. Reduce heat to low and simmer until the squash is fork-tender, about 7 to 10 minutes.

Carefully transfer the butternut bisque to a blender and add the juice from the orange. Blend the bisque, starting on low and moving to high speed, until smooth.

Pour the butternut squash bisque into bowls and top with crunchy croutons, cranberry sauce, or vegan yogurt. Enjoy!

- » **1 small yellow onion**
- » **12 oz butternut squash**
- » **1 tbsp olive oil**
- » **1 5.5-oz can coconut milk**
- » **Pinch ground cinnamon**
- » **1 orange**
- » **Salt and pepper**
- » **We suggest crunchy croutons, cranberry sauce, and vegan yogurt for topping**

20 min.

# AUTUMN GNOCCHI

with Cranberries & Hazelnuts



- » 8 oz broccoli rabe
- » ½ cup hazelnuts
- » ¼ cup vegan butter
- » 9-10 fresh sage leaves
- » 12 oz kabocha squash cubes
- » 20 oz fresh gnocchi
- » 2 tbsp white balsamic vinegar
- » ¼ cup dried cranberries
- » Salt and pepper

## DIRECTIONS

Place a large pot of salted water on to boil for the gnocchi. Trim the bottom inch from the stems of the broccoli rabe, then chop the remaining stalks into 1 inch pieces. Roughly chop the hazelnuts.

Place a large nonstick skillet over medium heat with the butter. Once melted, add the hazelnuts and cook until fragrant and lightly browned, about 3 to 4 minutes. Using a slotted spoon, transfer the toasted nuts to a plate, reserving the butter in the skillet.

Return the skillet with the butter to medium-high heat. Add the sage leaves, chopped butternut squash, chopped broccoli rabe, and a good pinch of salt and pepper. Toss to coat then cook, stirring occasionally, until butternut squash is fork-tender and everything is well browned, about 4 to 6 minutes.

Add gnocchi to the boiling water and cook until they float to the surface, about 3 to 4 minutes. Reserve ⅓ cup pasta water and drain. Add the gnocchi to the skillet with the vegetables, and cook, tossing occasionally, until browned in places, about 4 to 6 minutes. Add reserved pasta water and white balsamic vinegar to the skillet and cook until most of the water evaporates, less than 1 minute.

Add the dried cranberries to the skillet. Toss to combine and cook until just heated through, about 1 to 2 minutes. Taste, and adjust seasoning with salt and pepper as needed. Divide the kabocha squash gnocchi between large, shallow bowls or plates. Top with toasted hazelnuts.



25 min.

# GOLDEN BEET & YUKON MASH



» 12 oz golden beets

» 1 lb Yukon potatoes

» ¼ cup vegan butter

» Salt and pepper

## DIRECTIONS

Peel the beet and dice into 1 inch cubes. Add the diced beets to a small saucepan and cover with 1 inch of cold water and 1 tsp salt. Bring to a boil and cook until the beets are fork-tender, about 18 to 20 minutes. Drain and return vegetables to the saucepan, off of the heat.

Peel the potatoes and dice into 1 inch cubes. Add the diced potatoes to a small saucepan and cover with 1 inch cold water and 1 tsp salt. Bring to a boil and cook until the potatoes are fork-tender, about 12 to 15 minutes. Drain, and add to the saucepan with the drained beets.

Add the butter and a good pinch of salt and pepper to the vegetables in the saucepan. Mash with a fork and taste to adjust seasoning with salt and pepper.

20 min.



# CREAMED SPINACH



20 min.



# CREAMED SPINACH



- » 1 yellow onion
- » 4 cloves garlic
- » 1 lb baby spinach
- » 13-oz can coconut milk
- »  $\frac{1}{4}$  cup nutritional yeast
- »  $\frac{1}{4}$  tsp ground nutmeg
- » 1 tsp vegetable or coconut oil
- » Salt and pepper

## DIRECTIONS

Peel and dice the onion. Peel and mince 2 cloves garlic.

Place a medium saucepan over medium heat with 1 tsp vegetable or coconut oil. Once hot, add the diced onion, minced garlic,  $\frac{1}{4}$  tsp salt, and  $\frac{1}{4}$  tsp pepper and cook until softened, about 3 to 4 minutes. Add baby spinach and cook, stirring occasionally, until wilted and bright green, about 1 to 2 minutes.

Add the coconut milk, nutritional yeast, and nutmeg to the saucepan and stir to combine. Reduce the heat to low and simmer until the creamed spinach is thickened, about 4 to 5 minutes.

40 min.

# CHESTNUT & MUSHROOM STUFFING



- » **8 oz bread, crust removed**
- » **¾ lb cremini mushrooms**
- » **¼ cup Brazil nuts**
- » **0.25 oz fresh sage**
- » **5 oz roasted chestnuts**
- » **1 leek**
- » **1 stalk celery**
- » **2 cloves garlic**
- » **4 tbsp olive oil**
- » **1½ cups vegetable broth**
- » **Salt and pepper**

## DIRECTIONS

Preheat the oven to 275°F. Cut the bread into 1 inch cubes. Spread bread evenly over 1 or 2 baking sheets. Bake until completely dried, about 20 minutes, rotating trays and stirring bread cubes several times during baking. Remove from oven and allow to cool. Increase oven heat to 350°F.

Roughly chop the mushrooms. Roughly chop the brazil nuts. Chop the sage leaves. Halve the roasted chestnuts. Trim the root end and the dark green leaves away from the leek and thinly slice the remainder. Rinse the sliced leek well to remove any grit. Thinly slice the celery. Peel and thinly slice the garlic.

Place a large pot over medium-high heat with 3 tbsp olive oil. Once the oil is hot, add chopped mushrooms and sliced leeks and cook, stirring frequently until all moisture has evaporated, about 6 to 8 minutes. Add just half of the sage and continue to cook, stirring, until mushrooms are well browned, about 5 minutes longer.

Add the sliced celery, garlic, and remaining sage and cook, stirring frequently, until vegetables are softened, about 10 minutes. Add vegetable stock and Brazil nuts, bring to a boil, and cook until the mixture begins to thicken slightly, about 5 to 7 minutes. Add bread cubes and chestnuts and fold gently until evenly mixed. Season to taste with salt and pepper.

Coat the inside of an 8x8 baking dish with 1 tbsp olive oil and transfer mixture to it. Cover tightly with aluminum foil, and bake until hot throughout, about 20 to 30 minutes. Remove foil and continue baking until golden brown and crisp on top, about 10 minutes longer. Remove from oven, let cool for 5 minutes and serve.

40 min.



# HASSELBACK BUTTERNUT SQUASH

- » 1 butternut squash
- » 1 tbsp vegetable oil
- » ½ cup maple syrup
- » 2 tbsp apple cider vinegar
- » 2 tbsp vegan butter
- » 8 sage leaves
- » Salt and pepper
- » Optional: Fresh herbs and oranges for garnish

## DIRECTIONS

Preheat the oven to 425°F. Halve squash lengthwise and scoop out seeds with a large spoon. Using a peeler, remove skin and white flesh below (you should reach the deep orange flesh). Place on a baking sheet and rub with 1 tbsp vegetable oil and sprinkle with salt and pepper. Roast until just barely tender, about 15 to 18 minutes.

Place a small saucepan over medium heat and combine the maple syrup, apple cider vinegar, butter, and a pinch of salt. Bring to a simmer and cook until slightly thickened, about 4 to 5 minutes.

Transfer squash to a cutting board and let cool slightly. Using a sharp knife, score the rounded sides of the squash crosswise, going as deep as possible without cutting all the way through. Return squash to baking dish, scored sides up, tuck sage leaves between a few of the slices, and drizzle with the maple glaze. Roast in oven until lightly browned on top, about 10 minutes.

Serve the hasselback butternut squash over fresh herbs with sliced oranges for garnish.

25 min.



# HOMEMADE CRANBERRY SAUCE



- » **1 lb fresh or frozen cranberries**
- » **½ cup turbinado or other sugar**
- » **¼ tsp salt**

## DIRECTIONS

Add the cranberries, sugar, ¼ tsp salt, and 2 cups water to a large pot and bring to a boil. Reduce heat to medium and simmer until the berries have softened and the mixture has thickened, about 15 to 18 minutes. Taste and adjust seasoning with more sugar if necessary.



20 min.

# CLASSIC GRAVY



- » 1 shallot
- » 1 clove garlic
- » 2 tbsp vegan butter
- » 2 tsp fresh thyme leaves
- » 2 tbsp flour
- » 1 not chick'n bouillon cube
- » Salt and pepper

## DIRECTIONS

Peel and mince the shallot. Peel and mince the garlic.

Place a medium saucepan over medium-high heat and add the butter, minced shallot, minced garlic, and thyme leaves. Cook until softened, about 2 to 3 minutes. Add the flour, and cook, stirring frequently, for 1 minute. Whisk in  $\frac{1}{2}$  cup water and the bouillon. Reduce heat to low and simmer until thickened, about 5 to 7 minutes. Taste gravy and season with salt and pepper.



1 hr. 15 min.



# PUMPKIN PIE

## DIRECTIONS

Preheat the oven to 350°F. Grease a pie pan with coconut oil. Add the flour, granulated sugar,  $\frac{1}{4}$  tsp salt, and 6 tbsp cashew milk to a food processor. Blend on low until the combined. Add the cold butter 1 tsp at a time until the dough is wet and starts to stick together. Press the dough into the pie pan, covering the bottom and the sides. Bake until golden brown, about 20 to 25 minutes. Remove from the oven and let cool.

In a large bowl, add the pumpkin puree, vanilla, cornstarch, pumpkin pie spice, brown sugar, and maple syrup. Mix until smooth. Pour the filling into the baked crust, and spread evenly with a spatula or back of a spoon.

Bake the pumpkin pie for 25 to 30 minutes, until browned. Serve the pie warm or chilled with a side of your favorite vegan ice cream. Enjoy!

- » **1 tbsp coconut oil**
- » **2 cup all-purpose flour**
- » **2 tbsp granulated sugar**
- »  **$\frac{1}{4}$  tsp salt**
- » **6 tbsp cashew milk**
- » **5 tbsp vegan butter (chilled)**
- » **2 cups pumpkin puree**
- » **1 tsp vanilla**
- » **3 tbsp cornstarch**
- » **2 tsp pumpkin pie spice**
- »  **$\frac{1}{4}$  cup brown sugar**
- » **1 tbsp maple syrup**
- » **Optional: vegan ice cream for serving**



**We hope you have a wonderful holiday with your family and friends. There's nothing better than sharing a meal to build memories and strengthen bonds.**

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<https://www.purplecarrot.com/gifts>

***Plant Peace. Plant Love. Plant Joy.***