

THANKSGIVING Game Plan



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Thanksgiving Game Plan Menu

4:00 pm	SERVE DINNER (remember cranberry sauce & pie!)
3:45 pm	blend butternut soup (if needed, back up recipe)
3:40 pm	remove loaf and stuffing, prepare gravy
3:30 pm	check stuffing, put green beans in steamer
3:15 pm	check stuffing (set timer 15 minutes)
3:00 pm	prepare mash potatoes
3:00 pm	bake loaf and stuffing (set timer 10 minutes)
2:50 pm	remove cornbread (set aside to cool)
2:30 pm	prepare loaf
2:30 pm	bake cornbread (set timer 20 minutes)
2:15 pm	prepare cornbread
2:00 pm	prepare stuffing (set aside)
2:00 pm	preheat oven

Night before: leave bread out to stale (or toast day-of)

Made Ahead (weekend before): Pumpkin Pie, Cranberry Sauce (or make morning of)

Prepped Ahead: cook potatoes ahead, roast squash (otherwise, do this at 1:30pm)

Menu

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Thanksgiving Game Plan Shopping List

FRESH PRODUCE

INGREDIENT	TOTAL
Onion	1
Medium Onion	1
Small Onions	2
Garlic Cloves	2
Large Carrot	1
Celery Stalks	6
Brown Mushrooms	1 cup
White Mushrooms	1 cup
Russet (4) or Red (12) Potatoes	4 or 12
Green Beans	16 oz
Lemon	1
Fresh Sage	1-2 tbsp minced
Fresh Cranberries	2 1/2 cups
Butternut Squash	2

OTHER REFRIGERATED

INGREDIENT	TOTAL
Low-Sodium Soy Sauce or Tamari	4-6 tbsp
Ketchup	2 tbsp
Dijon Mustard	1-2 tbsp
Orange Juice (optional)	1/4 cup
Mori-nu Tofu (extra firm)	1/2 cup

GRAINS & PASTA

INGREDIENT	DRY AMOUNT
Quinoa	1/3 cup
Whole Wheat Bread	6 slices

BAKING AISLE (Pantry Staples)

INGREDIENT	AMOUNT
Brown Rice Flour or Whole Wheat Flour	1/2 cup + 3 tbsp
Plant-Based Milk	40 oz
Corn Starch	4 tbsp
White Whole-Wheat Flour	1 cup
Cornmeal	1 cup
Baking Power	2 tbsp
Agave Nectar or Pure Maple Syrup	1/4 cup
Raw Sugar (optional)	2 tbsp
Ground Anise (optional)	Pinch
Agave Nectar or Pure Maple Syrup	1/4 cup
Brown Sugar	1/2 cup
Pumpkin Pie Spice	3 tsp

HERBS & SPICES

Italian Seasoning Nutritional Yeast (1/2 cup)
Rubbed Sage (not powdered)
Dried Thyme
Salt Pepper
Granulated Garlic Powder
Onion Flakes
Basil Oregano
Fresh Sage
Mild Curry Powder

CANNED & JARRED GOODS

INGREDIENT	AMOUNT
Black Beans or Kidney Beans	1 1/2 cups
Low-Sodium Vegetable Broth	40 oz
Pure Pumpkin	2 oz

Hippie Loaf

By Lindsay S. Nixon

serves 4 Preparation Time: 15 minutes Cook Time: 1 hour



- 1 15 ounce **can black beans**
or **kidney beans**, drained and rinsed
- 1 **onion**, finely diced
- 2 **garlic cloves**, minced
- 1 **large carrot**, peeled and shredded
- 2 **celery stalks**, washed and shredded
- 1 cup finely chopped **brown mushrooms**
- 1 cup cooked **quinoa**
- 1 tablespoon **Italian seasoning**
- 3 tablespoons **brown rice flour**
(or **whole-wheat flour**)
- 2 tablespoons **low-sodium soy sauce**
or **tamari** (GF)
- 2 tablespoons **ketchup**

My friend Talia has celiac disease and solicited my help in creating a gluten-free veggie meatloaf recipe. We started trading ideas about how to make a meatloaf out of the items in our pantry, and this what we came up with. It's absolutely delicious on one of the most popular recipes on my website.

From **The Happy Herbivore**

Instructions:

1. Preheat oven to 350° F and set your 8-inch nonstick loaf pan nearby.
2. Mash beans in a large bowl with a fork or potato masher and mix all ingredients until evenly combined. Transfer to prepared pan and pat down firmly and tightly using a spatula.
3. Bake for 45 minutes to 1 hour, until firm and brown on the outside. Allow the loaf to cool and firm up before serving, about 15 to 20 minutes.

Chef's Note: *It's important that you chop everything fine and pack it down tight if you want your loaf to hold together.*

Place a serving plate over the loaf pan and turn it upside down, to flip the loaf out onto the plate.

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Thanksgiving Gravy By Lindsay S. Nixon

Makes 2 cups Preparation Time: 5 minutes Cook Time: 20 minutes



1/2 cup **nutritional yeast**
1/2 cup **whole-wheat pastry flour**
or **brown rice flour** (GF)
2 cups **plant-based milk**
2 small **onions**, diced
16 ounces **white mushrooms**,
thinly sliced
2-4 tablespoons **low-sodium soy sauce**
or **tamari** (GF)
2 teaspoons **rubbed sage**
(not powdered)
2 teaspoons dried **thyme**
salt, to taste
pepper, to taste

From **The Happy Herbivore**

Instructions:

1. Whisk nutritional yeast and flour together with plant-based milk and set aside.
2. Line a large frying pan with a thin layer of water and cook onion and mushroom over high heat until the mushrooms start to soften and turn brown and most of the water has evaporated.
3. Add plant-based milk mixture, soy sauce, and herbs, stirring to combine.
4. Bring to a boil and continue to cook until thick. Add salt and pepper to taste.

Dirty Mashed Potatoes By Lindsay S. Nixon

serves 4 Preparation Time: 10 minutes Cook Time: 10 minutes



4 **Russet Potatoes** or
12 **red potatoes**, cubed
plant-based milk, as needed
2-4 tablespoons **granulated garlic powder**
1-2 tablespoons **onion flakes**
salt, to taste
pepper, to taste

From **The Happy Herbivore**

Instructions:

1. Bring a large pot of water to boil. Add potatoes and cook until fork-tender but not waterlogged, about 8 minutes. Drain potatoes and return to the pot.
2. Add a splash of plant-based milk and spices, starting with 1 tablespoon garlic and 1 tablespoon onion flakes.
3. Blend everything together using an electric mixer or potato masher. Add more plant-based milk as necessary to achieve desired consistency. Taste, adding more garlic or onion flakes as desired. Add salt and pepper to taste.

Dijon-Herb Green Beans By Lindsay S. Nixon

serves 4 Preparation Time: 5 minutes Cook Time: 25 minutes



1 pound **green beans**, trimmed
2 heaping teaspoons **cornstarch**
2 cups **low-sodium vegetable broth**
1-2 tablespoons **Dijon mustard**
1-3 teaspoons **lemon juice**
1-2 teaspoons **onion flakes**
1/4 teaspoon **granulated garlic powder**
a dash or pinch of every **dried green herb** you've got such as **basil**, **oregano**, **thyme**, etc.
salt, to taste

From **The Happy Herbivore**

Instructions:

1. Steam green beans until cooked but still slightly crisp and deep green in color. Once the green beans are cooked, whisk cornstarch with broth and Dijon mustard, to taste.
2. Pour Dijon mixture into a skillet and add remaining ingredients, except green beans, salt and pepper.
3. Bring to a boil, then reduce to low and allow it to thicken into a glaze. Taste, adding more Dijon, lemon or onion flakes as desired. Add salt and pepper to taste, toss with green beans and serve.

Traditional Stuffing By Lindsay S. Nixon

serves 8 Preparation Time: 5 minutes Cook Time: 10 minutes



6 slices of **whole-wheat bread**
1 c **vegetable broth**, divided
1 **medium onion**, chopped
4 **celery stalks**, sliced or diced
2–3 tbsp **Italian seasoning**

I created this recipe for the two men in my life who live and die for stuffing at Thanksgiving. (I'm talking to you, Dad and hubby!)

From **The Happy Herbivore**

Instructions:

1. Leave bread out overnight so it becomes stale (if you forget, toast it, but stale is best).
2. Preheat oven to 350°F.
3. Cube bread.
4. Line a skillet with a thin layer of broth and sauté onion and celery until onion is translucent and all the liquid has cooked off. Set aside to cool.
5. In your casserole or baking dish, toss bread cubes with 2 tbsp Italian seasoning. Stir in cooked onion and celery and add more seasoning if desired. (Go on, give it a taste!)
6. Drizzle with 1/4 cup broth and bake for 30 minutes.
7. Check every 10 minutes and add more broth as necessary to prevent stuffing from drying out. (I find the preferred “wetness” of stuffing varies from family to family—do what you like!)

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Harvest Cornbread

By Lindsay S. Nixon

9 slices Preparation Time: 10 minutes Cook Time: 20 minutes



1 cup **white whole-wheat flour**
1 cup **cornmeal**
1 tablespoon **baking powder**
1/2 teaspoon **salt**
1-2 tablespoons minced **fresh sage**
1 cup **plant-based milk**
1/4 cup canned **pure pumpkin**
(NOT pumpkin pie filling)
1/4 cup **agave nectar** or **pure maple syrup**
2 tablespoons **raw sugar** (optional)
pinch of **ground anise** (optional)

In the middle of making my classic cornbread recipe I realized I was out of applesauce, so I subbed pumpkin. I figured I'd add sage and anise while I was at it and the result was extra-delicious. Cornbread with a little fall flavoring!

From **The Happy Herbivore**

Instructions:

1. Preheat oven to 400°F. Use a nonstick 9 inch bread pan, 8 inch square baking pan or shallow glass pie dish and set aside.
2. In a large mixing bowl, whisk flour, cornmeal, baking powder and salt together until well combined.
3. Add sage, plant-based milk, pumpkin puree, liquid sweetener, plus optional sugar if using and anise if using, and stir until combined.
4. Pour batter into prepared pan and bake for 20 minutes or until a toothpick inserted into center comes out clean and the bread is firm to the touch.

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Cranberry Sauce By Lindsay S. Nixon

makes 2 cups Preparation Time: *5 minutes* Cook Time: *10-15 minutes*



2 1/2 cups **fresh cranberries**
1/4 cup **agave nectar**
1/4 cup **orange juice**, fresh (optional)

From **The Happy Herbivore**

Instructions:

1. Combine cranberries, 1 cup of water, and agave and bring to a boil.
2. Continue to boil for 10 to 20 minutes, adding orange juice, if using, after the first 10 minutes of cooking. Once most of the cranberries have popped and the sauce has thickened, turn off heat and cool to room temperature.
3. Transfer to a container and refrigerate overnight, or at least 4 hours before serving.

Pumpkin Pie By Lindsay S. Nixon

serves 9 Preparation Time: 10 minutes Cook Time: 1 hour



1/2 cup **mori-nu tofu**, extra firm
1 1/2 cups **nondairy milk**
2 tbsp **cornstarch**
1 tsp **vanilla extract**
2 cups canned **pure pumpkin**
1/2 cup **whole wheat pastry flour**
2 tsp **baking powder**
1/2 cup **brown sugar**
1/4 tsp **salt**
3 tsp **pumpkin pie spice**

From **The Happy Herbivore**

Instructions:

1. Preheat oven to 350° F.
2. Grease a 9" shallow glass pie dish, set aside.
3. In a blender or food processor, blend tofu, non-dairy milk, cornstarch and vanilla until smooth, stopping to scrape sides periodically. Add remaining ingredients and blend for about a minute more, until the mixture is uniform and well combined.
4. Pour the mixture into the pie dish and bake for 1 hour.
5. Allow the pie to cool on the counter, away from the hot oven, until room temperature.
6. Cover with plastic wrap and refrigerate overnight or for at least 4 hours.

Butternut Soup By Lindsay S. Nixon

serves 4 Preparation Time: 15 minutes Cook Time: 45 minutes



2 whole **butternut squash**
2 cups **low-sodium vegetable broth**
2-4 teaspoons **mild curry powder**

This easy and delicious three ingredient soup will have you licking the pot clean!

From **The Happy Herbivore**

Instructions:

1. Slice butternut in half. Place cut-side-down on a cookie sheet and bake at 350°F for 20 to 45 minutes, until the squash can be pierced easily with a fork but be careful not to burn. If the skin starts turning brown, it's done. Set aside to cool until it is safe to handle.
2. Scoop out seeds and stringy matter and discard. Then scoop out the flesh of one butternut and transfer to a blender.
3. Add vegetable broth, starting with 1 cup, adding more as necessary until the soup becomes thick and silky but totally pureed. Transfer puree to a medium saucepan and repeat these steps with second squash.
4. Add curry powder to taste (all curries are a little different, some stronger than others). Gently reheat on the stove over low heat, adding salt to taste if desired. You can also add cayenne or hot sauce for a spicier curry flavoring.

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