

# Constance's Plant-Based Holiday Menu





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## To Drink

Sparkling Blood Orange Mocktail with Turmeric

## Side Dishes

Chickpea Noodle Soup  
Homemade Vegan Creamed Corn  
Charred Brussels Sprouts

## Main Courses

Garlic Scented Mashed Sweet Potatoes  
Coconut Chickpea Curry  
Vegan Shepherd's Pie and Gravy

## For Dessert

Vegan Crustless Pumpkin Pie

## Sparkling Blood Orange Mocktail

### with Turmeric

A refreshing sparkling blood orange mocktail recipe packed with healthy nutrients. Each sip infuses turmeric, ginger, fresh squeezed juice, mint, and rosemary.

### Ingredients

- 1 cup blood orange juice plus 2 orange slices for garnish
- ½ tsp ginger powder
- ½ tsp turmeric powder
- 1 cup sparkling mineral water
- honey or maple syrup, or agave if desired
- 4 mint leaves
- 4 sprigs rosemary



### Directions

**Step 1:** In a medium-sized bowl whisk together blood orange juice, ginger powder, and turmeric powder.

**Step 2:** Add ice to each glass.

**Step 3:** Pour ½ cup of blood orange juice mixture into each glass and ½ cup mineral water.

**Step 4:** Add sweetener if desired and stir.

**Step 5:** Add mint, rosemary and orange slices in each glass.

### Notes

Serving Size: 8 ounces

Oranges can be substituted for blood oranges if not in season.

## Chickpea Noodle Soup

This veganized version of a chicken soup, using chickpeas, vegetable broth and your favorite pasta has all the flavor, and nostalgia you're craving. It is very simple and quick to make too. I recommend letter pasta or shell pasta to really recreate the comfort soup feeling.

### Ingredients

- 1 medium onion, chopped
- 2 cloves garlic, minced
- 3 medium carrots, sliced
- 2 celery ribs, sliced
- 1 tsp dried thyme
- 1 bay leaf
- 8 cups vegetable broth
- 6 oz eggless noodles (or pasta of choice),  
I recommend letter pasta
- 15 oz can chickpeas, drained and rinsed
- 1 cup peas
- Salt and pepper to taste
- 2 Tbsp fresh parsley, chopped



### Directions

**Step 1:** In a Dutch oven or stock pot over medium heat, add 1 Tbsp oil. Saute onion, garlic, carrots and celery until softened but not browned; approximately 5 to 6 minutes. Add vegetable broth, thyme and bay leaf and bring to a boil. Simmer for 5 minutes.

**Step 2:** Add the noodles and continue to simmer for another 6 minutes until tender. (If using another pasta, cook 2 minutes less than package directions).

**Step 3:** Add chickpeas and peas then continue to simmer until heated through; approximately 2 to 3 minutes. Season to taste with salt and pepper. Remove from heat.

**Step 4:** Remove bay leaf. Stir in chopped parsley before serving. \*note, noodles will absorb a lot of the broth, so add additional broth/water when warming leftovers

## Homemade Vegan Creamed Corn

### Ingredients

- 2 lbs. frozen sweet corn (32-oz. bag or 2 16-oz. bags)
- 1 ½ cups unsweetened almond milk or plant-milk of choice
- ½ medium-sized onion (chopped)
- 3 Tbsp. maple syrup
- 2 Tbsp. ground flax seed
- 1 Tbsp. minced garlic
- salt (adjust to taste)
- black pepper (adjust to taste)



### Directions

**Step 1:** Preheat a nonstick skillet over medium high heat and sautee onions and garlic until the onions are soft. Add a couple tablespoons of water to pan in order to prevent sticking if needed.

**Step 2:** Reduce heat to medium, add corn, and cook for 8-10 minutes. You want to make sure the corn is completely thawed and hot.

**Step 3:** Add the almond milk, flax, remaining seasonings and stir gently to combine. Let cook for 5-6 minutes after stirring.

**Step 4:** Depending on how thick you want it, transfer ⅓ to ½ of the corn mixture in the skillet to your food processor or blender and blend until fairly smooth. Pour this mixture back into the skillet with the whole corn kernels and heat for a few minutes.

## Charred Brussel Sprouts with pomegranate seeds

### Ingredients

- 2 lb Brussels sprouts, trimmed
- ¼ Cup extra - virgin olive oil
- ½ tsp fine sea salt
- ¼ tsp freshly ground black pepper
- 2 Tbsp balsamic vinegar
- ¼ Cup pomegranate seeds



### Directions

**Step 1:** Preheat the oven to 425°F.

**Step 2:** Halve the smaller Brussels sprouts lengthwise and quarter the bigger ones. Toss with the oil, salt, and pepper to coat evenly.

**Step 3:** Divide between 2 baking sheets, spreading the Brussels sprouts into an even layer. Roast until crispy and dark brown, 15 to 20 minutes, tossing once halfway through cooking.

**Step 4:** Transfer the Brussels sprouts to a large bowl and lightly toss with the balsamic vinegar. Taste and adjust seasonings if needed.

**Step 5:** Transfer to a serving platter and top with pomegranate seeds. Serve immediately.

## Garlic-Scented Mashed Sweet Potatoes with Coconut Milk

### Ingredients

2 pounds sweet potatoes (about 2 large or 3 medium-small potatoes),  
peeled, quartered lengthwise, and cut crosswise into ¼-inch-thick slices  
½ teaspoon salt  
½ cup coconut milk  
¼ teaspoon red pepper flakes  
1 small garlic clove, minced  
pinch ground black pepper  
1 tablespoon minced fresh cilantro (optional)



### Directions

**Step 1:** Shake the can of coconut milk before opening to combine the coconut cream with the liquid beneath.

**Step 2:** Combine sweet potatoes, salt, coconut milk, red pepper flakes, and garlic in 3- to 4-quart saucepan; cook, covered, over low heat, stirring occasionally, until potatoes fall apart when poked with fork, 35 to 45 minutes.

**Step 3:** Off heat, mash sweet potatoes in saucepan with potato masher, or transfer mixture to hopper of food mill and process into warmed serving bowl. Stir in pepper and cilantro; serve immediately.

## Coconut Chickpea Curry

### Ingredients

2 tablespoons oil, I use avocado oil  
½ medium yellow onion, finely diced  
3 cloves garlic, minced  
½ inch ginger, minced  
1 jalapeño, seeded and finely diced  
½ teaspoon ground cumin  
½ teaspoon ground turmeric  
½ teaspoon ground paprika  
Pinch of cayenne, optional  
1 teaspoon sea salt, to taste  
¼ teaspoon black pepper  
2 (15-oz) cans chickpeas, rinsed and drained  
1 (14.5-oz) can diced tomatoes  
1 can full-fat coconut milk  
1 lime, juiced  
¼ cilantro, optional



### Directions

**Step 1:** Cook onions, garlic, and ginger: In a big pot, warm oil on medium-low heat. Add diced onion, garlic, and ginger. Cook this on medium-low heat, stirring frequently until the onion starts to appear translucent and smell fragrant, about 5 minutes.

**Step 2:** Add the spices: Stir in the jalapeño, cumin, turmeric, paprika, cayenne, salt, and pepper, and cook for a minute until it becomes fragrant.

**Step 3:** Add remaining ingredients: Stir in the chickpeas, diced tomatoes, and coconut milk. Bring to a gentle simmer and cook, uncovered, until the chickpeas are soft and tender, about 20 minutes.

**Step 4:** Add lime juice and cilantro: Turn off the heat completely and stir in the lime juice and fresh cilantro.

**Step 5:** Serve and enjoy: If you want to save it for later, be sure to completely cool down the chickpea curry before storing it.

## Vegan Shepherd's Pie

4 potatoes (chopped)  
2 tablespoons margarine  
¼ cup soy milk  
Salt and pepper (to taste)  
1 onion (diced)  
1 tablespoon vegetable oil  
1 ½ cups vegetarian ground beef substitute  
(or rehydrated TVP; see recipe tips below)  
1 ¼ cups vegetarian gravy  
½ cup green peas  
½ cup corn  
½ teaspoon garlic powder  
Dash of cayenne pepper



### Directions

**Step 1:** Pre-heat oven to 350 F.

**Step 2:** Boil or microwave the potatoes until soft. Drain and mash with the margarine and soy milk. Add a bit of salt and pepper, to taste..

**Step 3:** Sautee the onion for a few minutes, until tender, in the vegetable oil.

**Step 4:** In a large mixing bowl, combine the onions, beef substitute or rehydrated TVP, vegetarian gravy, peas, corn, garlic powder, and cayenne. Pour into a pie pan or baking dish.

**Step 5:** Spread the mashed potatoes over the veggie mixture.

**Step 6:** Bake for 30 to 40 minutes until heated through.

### Tips

- Textured vegetable protein is made from soybeans and can be used as a vegetarian meat substitute in any recipe that calls for turkey or ground beef.
- To rehydrate TVP, combine the dry TVP with an equal measurement of boiling water and stir until reconstituted. The one to one method usually works well, but you may need to add more water as you go along.



## Basic Vegan Gravy

### Ingredients

2 tbsp. vegan margarine  
(or butter substitute; make sure it's vegan margarine if you need this recipe to be vegan)  
1 onion (diced small)  
2 tbsp. flour  
1 tsp garlic salt  
2 tbsp. cornstarch  
1 1/2 cups vegetable broth  
Optional: 1 tbsp. nutritional yeast  
2 tbsp. soy sauce (or tamari)

### Directions

**Step 1:** Gather the ingredients.

**Step 2:** First, heat the vegan margarine or butter substitute over medium heat in a large skillet and sauté the onion for 2 minutes.

**Step 3:** Next, add in the flour and the garlic salt and sauté together for about 5 more minutes, stirring often to prevent the flour from burning.

**Step 4:** Add in the vegetable broth and the cornstarch, stirring to mix the cornstarch well. Bring to a boil, then reduce to a slow simmer over low or medium-low heat, stirring frequently to make sure no clumps are formed. Continue to stir as the gravy begins to thicken.

**Step 5:** Add in the nutritional yeast and the soy sauce or tamari and reduce the heat to very low. Cook for one more minute, stirring. You can now add a little bit more liquid if needed, but do keep in mind that your vegetarian gravy will thicken up a bit as it cools.

**Step 6:** Serve as you would regular gravy.

**Step 7:** Enjoy!

## Vegan Crustless Pumpkin Pie

### Ingredients

- 1 can (15 oz) pumpkin puree
- 1 block extra firm tofu, well drained
- ¼ cup gluten-free quick oats
- ½ cup granulated monkfruit sweetener,  
date sugar or coconut sugar
- 2 Tbsp cornstarch
- 1.5 tsp baking powder
- 1 tsp vanilla extract
- ¼ tsp salt
- 1 Tbsp pumpkin pie spice  
(2 Tbsp water if you need to facilitate blending)



### Directions

Preheat oven to 350F, spray 9" pie dish with non-stick cooking spray, and set aside. Combine all ingredients in blender, and blend until smooth. Pour into prepared pie dish and bake for 60 min. Note: the outside will firm up and be crust-like! If your pie turns out too soft, leave it in the fridge for up to an hour and it will firm up.