



Vegan Thanksgiving Menu and Plan

for a small gathering

Overview:

Thanksgiving Dinner for 2-4 guests

Soup - Vegan Butternut Squash Soup (4 servings)

Salad - Vegan Beet, Fennel, And Orange Salad (4 servings)

With Maple Poppy Seed Citrus Dressing (8 servings)

Main - Falafel Pita Sandwich (4 servings)

Drink - Vegan Beet Gazpacho (4 servings)

Dessert - Blondie Bar (16 servings)

Shopping List

Vegetables and Vegetable Products

2 pounds beets (94% usage)
20 ounces butternut squash (99% usage)
2 fennel bulbs (73% usage)
12 ounces cherry tomatoes (94% usage)
1 cucumber, about 8-1/4" long (94% usage)
2 large yellow onions (71% usage)
6 ounces arugula (90% usage)
1 large red onion (53% usage)
2 shallot (58% usage)
2 ounces fresh cilantro (56% usage)
1 head garlic (52% usage)
1 ounce jalapeño pepper (49% usage)
fresh parsley
fresh dill
mint leaves

Fruits and Fruit Juices

2 oranges, 2-7/8" in diameter (100% usage)
1 pound red grapes (37% usage)
5 ounces dates (100% usage)
1 pomegranate, 4" in diameter (41% usage)
1 lemon (48% usage)
1 fluid ounce orange juice (25% usage)
1 ounce grapefruit juice (18% usage)

Dairy Alternative

2 cups soy milk (100% usage)
1 (16 oz) container plain almond milk yogurt (62% usage)
2 ounces vegan feta cheese (100% usage)

Legumes and Legume Products

2 (15.5 oz) cans canned chickpeas (100% usage)
10 ounces creamy peanut butter (91% usage)
1 pound dried chickpeas (44% usage)

Nut and Seed Products

2 ounces walnuts (100% usage)
2 ounces pumpkin seeds (76% usage)

Baked Products

2 large whole-wheat pita bread, 6-1/2" in diameter (100% usage)

Pantry

1 carton vegetable broth (83% usage)
1 (14 oz) can canned coconut milk (28% usage)
1 ounce organic cacao nibs (71% usage)
olive oil
canola oil
extra-virgin olive oil
nutritional yeast
vanilla extract
salt
black pepper
baking powder
maple syrup
dijon mustard
grapeseed oil
1/4 cup all-purpose flour

Spices and Herbs

garam masala
capers
red wine vinegar
poppy seeds
grated nutmeg

Mise en place

"Mise en place" is a French culinary phrase which means "everything in its place". We suggest doing the following prepping work ahead of time and we grouped some vegetable preparation steps together so you can work in batch and save time.

Vegan Beet Gazpacho	6 ounces cucumber, roughly chopped, about 170 grams
Vegan Tzatziki Sauce	4 ounces cucumber, grated, about 113 grams
Baked Falafel	1 jalapeño pepper, stemmed, seeded, and roughly chopped, about 14 grams
Vegan Beet, Fennel, And Orange Salad	1 1/2 pounds beets, baked whole, peeled, and sliced, about 680 grams
Vegan Beet Gazpacho	6 ounces beets, baked whole, peeled, and sliced, about 170 grams
Vegan Butternut Squash Soup	3 cloves garlic, minced, about 9 grams
Baked Falafel	4 cloves garlic, roughly chopped, about 12 grams
Vegan Butternut Squash Soup	4 cups cubed butternut squash, about 560 grams
Vegan Beet, Fennel, And Orange Salad	12 ounces fennel bulbs, thinly sliced, about 340 grams
Vegan Beet, Fennel, And Orange Salad	2 oranges, peeled, sectioned, about 280 grams
Baked Falafel	2 cups chopped fresh cilantro, about 32 grams
Baked Falafel	1/2 cup chopped red onions, about 80 grams
Vegan Butternut Squash Soup	1 1/3 cups chopped yellow onions, about 213 grams
Vegan Butternut Squash Soup	8 teaspoons chopped fresh parsley, about 10 grams
Falafel Pita Sandwich	1 cup cherry tomatoes, halved, about 149 grams
Vegan Beet, Fennel, And Orange Salad	2 tablespoons chopped shallots, about 20 grams
Maple Poppy Seed Citrus Dressing	1/2 tablespoon chopped shallots, about 5 grams
Vegan Tzatziki Sauce	1 tablespoon chopped shallots, about 10 grams
Vegan Tzatziki Sauce	2 sprigs fresh dill, stemmed and minced, about 0 grams
Baked Falafel	1 cup dried chickpeas, soaked overnight, drained before use, about 200 grams
Vegan Beet, Fennel, And Orange Salad	2 ounces vegan feta cheese, crumbled, about 57 grams

Prepping Guide

Vegan Butternut Squash Soup

(4 servings)

2 tablespoons canola oil

1 1/3 cups chopped yellow onions

4 cups cubed butternut squash

3 cloves garlic, minced

3 1/3 cups vegetable broth

1/3 cup canned coconut milk

3/8 teaspoon grated nutmeg

3/16 teaspoon salt, or to taste
black pepper, to taste

2/3 cup pomegranate arils

1/3 cup pumpkin seeds

8 teaspoons canned coconut milk, microwaved and well-stirred

8 teaspoons chopped fresh parsley

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Vegan Beet, Fennel, And Orange Salad

(4 servings)

1 1/2 pounds beets, baked whole, peeled, and sliced

12 ounces fennel bulbs, thinly sliced

2 oranges, peeled, sectioned

4 ounces arugula

2 ounces vegan feta cheese, crumbled

2 ounces walnuts

2 tablespoons chopped shallots

2 tablespoons capers, drained

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Maple Poppy Seed Citrus Dressing

(8 servings)

6 tablespoons grapeseed oil

6 tablespoons olive oil

1 tablespoon red wine vinegar

1/2 tablespoon orange juice

1/2 tablespoon chopped shallots

1 teaspoon grapefruit juice

1/2 teaspoon maple syrup

1/2 teaspoon dijon mustard

1/2 teaspoon poppy seeds

1/8 teaspoon salt

black pepper, to taste

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Vegan Beet Gazpacho

(4 servings)

2 cups soy milk

6 ounces red grapes

6 ounces cherry tomatoes

6 ounces cucumber, roughly chopped

6 ounces beets, baked whole, peeled, and sliced

4 ounces plain almond milk yogurt

10 mint leaves

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Blondie Bar

(12 servings)

1 cup water

5 ounces dates, about 10 dates

2 (15.5 oz) cans canned chickpeas, drained and rinsed

1 cup creamy peanut butter

2 teaspoons vanilla extract

1 teaspoon baking powder

2 tablespoons organic cacao nibs

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Baked Falafel

(4 servings)

1 cup dried chickpeas, soaked overnight, drained before use

1/2 cup chopped red onions

2 cups chopped fresh cilantro

1/4 cup all-purpose flour

2 tablespoons olive oil

1 tablespoon garam masala

1 tablespoon freshly squeezed lemon juice

1 jalapeño pepper, stemmed, seeded, and roughly chopped

4 cloves garlic, roughly chopped

1 tablespoon nutritional yeast, optional, recommended if you follow strict vegan diet

1/2 teaspoon salt

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Falafel Pita Sandwich

(4 servings)

2 large whole-wheat pita bread

8 pieces baked falafel

1 cup cherry tomatoes, halved

2 cups arugula

1 cup vegan tzatziki sauce

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Vegan Tzatziki Sauce

(4 servings)

3/4 cup plain almond milk yogurt

4 ounces cucumber, grated

1 tablespoon extra-virgin olive oil

1 tablespoon chopped shallots

1/2 tablespoon freshly squeezed lemon juice

2 sprigs fresh dill, stemmed and minced

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