

Compassionate Thanksgiving Recipes

FARM SANCTUARY

is the nation's leading farm animal protection organization. Since incorporating in 1986, we have worked to expose and stop cruel practices of the "food animal" industry through research and investigations, legal and legislative actions, public awareness projects, youth education, and direct rescue and refuge efforts. Our shelters in Watkins Glen, NY and Orland, CA provide lifelong care for hundreds of rescued animals, who have become ambassadors for farm animals everywhere by educating visitors about the realities of factory farming. For information on what YOU can do to help, please contact us.

WWW.FARMSANCTUARY.ORG

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*From ALL of us at
Farm Sanctuary, Have
a Happy Holiday!*



FARM SANCTUARY

Sweet Potato Biscuits

- 2 cups flour
- 1/3 cup cornmeal
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/3 cup soy margarine
- 1 cup sweet potato, cooked and mashed
- 1/2 cup soy milk
- 2 tablespoons maple syrup



1. In a medium bowl, combine flour, cornmeal, baking powder, and salt. Cut in margarine with a pastry blender (or two knives) until mixture resembles a coarse meal. Add sweet potato, soy milk and maple syrup and stir until moist.
2. Knead dough 5 times on a floured surface. Pat dough into a 9-inch square and cut into 16 squares. Place on a baking sheet and bake at 400 ° for 15-20 minutes.

Autumn Apple Streusel

- Streusel
- 1/2 cup soy margarine
- 1/2 cup brown sugar
- 1/4 teaspoon salt
- 3/4 teaspoon baking powder
- 3/4 cup rolled oats
- 1 cup flour



1. Combine margarine and sugar until mixture appears fluffy.
2. Add remaining streusel ingredients and mix well.

Set aside.

- Filling
- 6 apples, peeled and sliced
- 1/3 cup sugar
- 2 teaspoons cornstarch
- 2 tablespoons apple cider

1. Combine apples with sugar, cornstarch and cider.
2. Pour apple mixture into a greased baking dish.
3. Crumble streusel dough over the apple mixture and bake at 375 ° for 40 minutes, or until streusel is golden brown.

Give a turkey something to be thankful for this year and try our delicious vegan recipes for your holiday meal.

Corn Chowder

- 1 tablespoon olive oil
- 2 medium carrots
- 1 medium celery stalk
- 1 medium yellow onion, diced
- 1 medium red bell pepper, diced
- 2 cups fresh or frozen corn kernels
- 2 cups vegetable broth
- 1 cup red potatoes, diced
- 1 cup soy milk
- 1 tablespoon flour
- 1/4 teaspoon salt
- 1/4 teaspoon thyme
- 1/4 teaspoon pepper



1. In a large saucepan, cook carrots, celery, onion, and pepper in oil until tender. Add vegetable broth and potato and bring to a boil. Reduce heat, cover and simmer for 10 minutes. Add the corn and cook another 10 minutes, stirring frequently.
2. In a small bowl, combine soy milk, flour, salt, and pepper; stir into vegetable mixture. Cook, stirring often, until mixture is thick and bubbly.

Baked Acorn Squash

- 2 acorn squash
- 1/3 cup orange juice
- 1/2 cup toasted pecans, chopped
- 2 tablespoons soy margarine
- 2-3 tablespoons maple syrup



1. To toast pecans, place them on baking sheet in a single layer. Bake for 4 to 5 minutes at 250°, stirring occasionally. Remove pecans and allow to cool. Set aside.
2. Cut squash into 1- inch thick slices. Put slices in a baking dish and cover with orange juice. Cover pan and bake 30 to 40 minutes at 350° until tender.
3. Sprinkle squash with toasted pecans and dot with soy margarine. Drizzle with maple syrup.
4. Put squash back into oven for 10 more minutes, or until browned.

Vegetarian turkey alternatives make for a traditional holiday meal that is both delicious and cruelty-free. Favorites of vegetarians and non-vegetarians alike, [Tofurky Roasts](http://www.tofurky.com) (www.tofurky.com) and [UnTurkeys](http://www.nowandzhen.net) (www.nowandzhen.net) are sure to please everyone at your Thanksgiving table. TRY THEM TODAY!

Harvest Stuffing

- 2 tablespoons soy margarine
- 1 medium yellow onion, diced
- 2 medium carrots, diced
- 1 large celery stalk, diced
- 1/2 teaspoon thyme
- 1/2 teaspoon sage
- 1/4 teaspoon black pepper
- 2 large leeks
- 1 cup vegetable broth
- 1/4 cup golden raisins
- 1/8 cup apple cider
- 1 loaf whole wheat bread, cubed and toasted



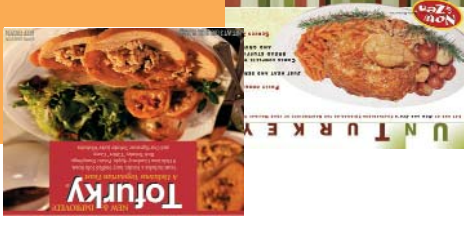
1. In a large skillet, melt 1 tablespoon margarine over medium heat. Add onion, carrots and celery and cook for 12 to 15 minutes. Add herbs and spices and cook for 1 minute. Remove seasoned vegetables from skillet and set aside.
2. In the same skillet, melt the remaining margarine over medium heat. Add leeks and cook 10 to 12 minutes. Add broth, raisins and cider and heat for 1 minute.
3. In a large bowl, combine vegetables, broth mixture and bread until well combined.
4. Spoon stuffing into a baking dish. Cover and bake at 325° for 40 minutes.

Garlic Mashed Potatoes

- 1 head garlic
- 1 teaspoon olive oil
- 5 large baking potatoes, peeled and cubed
- 2 tablespoons soy margarine
- 1/2 cup soy milk
- salt and pepper to taste



1. Preheat oven to 350°. Cut top off of garlic, leaving a flat surface. Brush cut part of garlic with olive oil and sprinkle with salt and pepper. Wrap garlic loosely in foil and bake 30 to 40 minutes, or until tender. Cool garlic and take out of skins.
2. Boil potatoes until tender. Drain and mash well.
3. Add garlic, margarine, soy milk, salt, and pepper. Mix thoroughly.



Mushroom Gravy

- 1/2 cup mushrooms, chopped
- 1/4 cup whole wheat flour
- 1/4 cup nutritional yeast flakes
- 3 tablespoons canola oil
- 2-3 cups water
- 1/4 cup soy sauce
- 1 teaspoon garlic powder
- salt and pepper, to taste



1. Sauté mushrooms in 1 tablespoon of the canola oil and set aside.
2. Lightly brown the flour and yeast. Add the remaining 2 tablespoons of oil and let mixture boil.
3. Slowly add water until gravy reaches desired consistency.
4. Add mushrooms, soy sauce, garlic powder, salt, and pepper. Simmer and serve.

Sautéed Green Beans

- 1 pound green beans, trimmed
- 1 to 2 cloves garlic, minced
- 1/2 teaspoon fresh ginger root, grated
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1/4 cup sliced almonds



1. Steam green beans for 5 minutes, or until tender. Drain and set aside.
2. Sauté garlic and ginger in olive oil until lightly browned.
3. Add the beans and vinegar to the pan and sauté until beans are well-coated and warmed through.
4. Sprinkle with salt, pepper and sliced almonds.

Start a New Holiday Tradition by Saving a Turkey Rather Than Eating One!



You can help provide care for a rescued turkey at Farm Sanctuary by becoming an adoptive parent. For a donation of \$20, you will receive a color photograph and an adoption card for your special turkey. A perfect gift for the holidays, a turkey sponsorship is also a wonderful way to educate others about our fabulous feathered friends!

Call 1-888-SPONSOR or Visit www.AdoptATurkey.org to Adopt a Rescued Turkey Today!