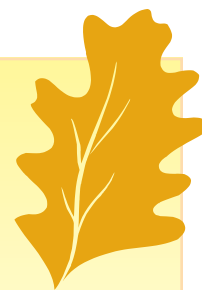




PETA's

Thanksgiving Survival Guide



That's right, never fear: PETA is here to get you through the holiday season! Whether you're a newbie or a vegan veteran, you might be worried about those Thanksgiving menus. Luckily, we've got some easy and delicious recipes for you as well as some Thanksgiving tips and facts about turkeys used for food. The ingredients in these recipes can be found in most households around the holidays—so go get cookin'. Don't want to make your vegan centerpiece from scratch? Try some delicious alternatives to turkey such as Tofurky, Field Roast, or Gardein products for a cruelty-free main course. *Enjoy!*

Garlicky Mashed Potatoes

You might look at this recipe and think, "Whoa, that's a lot of garlic!" but when you boil garlic, it's not nearly as strong. And psst... these taters are delicious when scooped up with a forkful of green-bean casserole (also below). Yum!

5 large potatoes, washed, peeled, and diced
14-16 cloves garlic, peeled
2 Tbsp. vegan margarine
¾-1 cup soy milk
Salt and pepper, to taste

- Place the potatoes and whole cloves of garlic in a large pot and cover with water. Bring to a boil and cook for 20 minutes.
- Drain the potatoes, place in a bowl with the remaining ingredients, and mash until smooth.
- Serve hot.

Makes 4-5 servings

Green-Bean Casserole

We've tried a lot of vegan green-bean casseroles over the years, and we think that this one is the tastiest. So give it a go!

½ medium onion, diced
¾ cup chopped button mushrooms
1 Tbsp. vegetable oil
Salt and pepper, to taste
1½ cups unsweetened soy milk
1 vegan bouillon cube
2½ Tbsp. cornstarch
2 Tbsp. cold water
1 28-oz. can cut green beans
1 6-oz. can French-fried onions

- Preheat the oven to 350°F.
- Sauté the onions and mushrooms in the vegetable oil in a skillet. Add the salt and pepper.
- Heat the soy milk and bouillon cube in a saucepan, stirring until the bouillon dissolves. Do not bring to a boil. Mix the cornstarch and water and add it to the pan, stirring well.
- Quickly add the green beans, the sautéed vegetables, and about half the French-fried onions and stir well.
- Pour the mixture into a casserole dish and top with the remaining French-fried onions. Bake for about 15 minutes, or until the onions begin to brown.

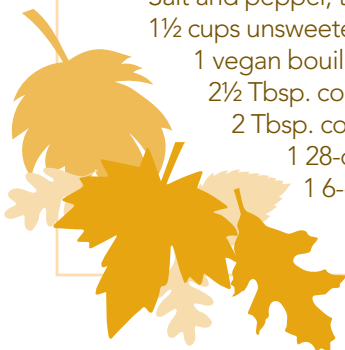
Makes 4-6 servings

Homemade "Tofurky" Loaf

This recipe is cruelty-free and extra delish!

2 1-lb. blocks firm tofu
3 Tbsp. soy sauce
1 ½ Tbsp. toasted sesame oil
1 ½ Tbsp. dry sherry
3 Tbsp. water
¼ tsp. pepper

- Freeze the tofu for at least one day, then thaw it and squeeze out the excess water. This process changes the consistency of the tofu, making it "meatier" and more porous.
- Place the two blocks of tofu next to each other in a greased loaf pan, making sure that they are as close together as possible.
- Combine the soy sauce, sesame oil, sherry, water, and pepper to create a marinade.
- Pour ⅔ of the marinade over the tofu, cover the dish, and place it in the refrigerator overnight. Cover the remaining marinade and refrigerate it.
- Remove the tofu from the refrigerator and pour the remaining marinade over the top.





- Bake at 350°F for 90 minutes, basting every half hour and flipping after 45 minutes. (Use caution when flipping the tofu so that it does not break apart.)

- Cool the tofu to room temperature or place in the freezer until cool, at which point it will have a firm, “meaty” texture.
- Use it in sandwiches, serve as a main dish with gravy, or come up with your own serving ideas.

Makes 6-8 servings

Pumpkin Pie

Trust us: No one will know that this pie is vegan! The tofu absorbs the flavor of the other ingredients. And your friends and family will appreciate the fact that it's cholesterol-free!

1 15-oz. can pumpkin
¾ cup light brown sugar
1 12-oz. package extra-firm silken tofu
1 tsp. cinnamon
¼ tsp. cloves
¼ tsp. nutmeg
½ tsp. salt
1 9-inch unbaked pie shell
Vegan whipped cream (optional)

- Preheat the oven to 425°F.
- Blend the pumpkin and brown sugar in a blender or food processor. Add the tofu, spices, and salt and blend until smooth. Pour the mixture into the unbaked pie shell.
- Bake for 15 minutes, then reduce the heat to 350°F and bake for another 60 minutes or until the filling sets.
- Chill and serve topped with vegan whipped cream, if desired.

Makes 8 servings

Snickerdoodles

Snickerdoodles are the ultimate holiday cookie—enjoy!

½ cup vegetable oil
½ cup sugar, plus extra
½ cup brown sugar
1 Tbsp. vanilla extract
¼ cup soy milk (vanilla or plain)
2 cups flour

2 Tbsp. baking powder
1 tsp. salt
Cinnamon, to taste

- Preheat the oven to 350°F.
- Combine the oil, ½ cup sugar, brown sugar, vanilla, and soy milk, then mix in the flour, baking powder, and salt. Mix well to make a dough.
- In a separate bowl, combine the extra sugar and desired amount of cinnamon.
- Form the dough into small- to medium-sized balls and roll them in the sugar/cinnamon mixture. Flatten the balls of dough on a greased cookie sheet (you can use vegetable oil) and space them appropriately. (For square cookies, place them close together; for round cookies, space further apart.)
- Bake for 10-15 minutes.

Makes approximately 20 cookies

The following are some suggestions to make your meal complete (completely delicious, that is):

- Looking for a protein-packed main dish? Try a Tofurky roast (found in the frozen-foods section of most grocery stores).
- There are many vegan latke mixes out there, so if you've got some egg replacer on hand (try Ener-G Egg Replacer), give one a whirl.
- Cranberry sauce is already vegan, so don't hold back when it gets passed your way!
- Looking for vegan marshmallows to top your sweet potatoes? Several brands are now available. Just search online for “vegan marshmallows” to find out where they're available locally.
- If you're not a vegan gravy whiz, Campbell's makes a mushroom gravy that's a perfect topper for mashed potatoes.





Common Questions



Here at PETA, we get lots of questions about food and cooking around the holiday season. We've answered some of the most common ones below, but if you have any other questions, feel free to drop us a line at ActionTeam@peta.org. We're always here for you!

It's a big tradition in my family to drink eggnog around the holidays. I've just gone vegan, but I don't want to miss out on the tradition. What should I do?

It can definitely be hard to go against the grain when it comes to family traditions, but luckily, I've got some great news for you! Silk Nog is an awesome vegan eggnog option that can be found in many grocery stores around the holidays (it's good warm or chilled). And guess what? I know more than a few nonvegans who love it! Can't make it to the store? Try whipping up a batch yourself—just search online for “vegan eggnog.” Be sure to show your family that you can still participate in the tradition by sharing your store-bought or homemade deliciousness. And save me a glass!

I'm so worried about the holidays this year. My immediate family accepts that I've gone vegan, but my extended family is a completely different story. I don't want to get into a blow-out at the dinner table. So what am I supposed to do?

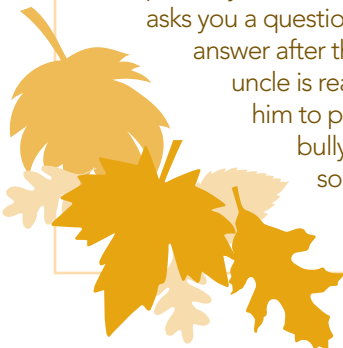
Rest assured that almost every vegan has been through this. I can suggest a couple of different ways to get through a holiday family meal without having an argument break out (at least not one related to food!). First, plan ahead: Be a part of the meal-planning process and try to incorporate some of the recipes in this guide. You can also suggest easy alternatives such as Campbell's mushroom gravy, which just happens to be vegan. Second, the holiday dinner table is not the place to start a lecture about how meat is murder, gross, unhealthy, etc. (I can just picture your relatives' eyes rolling now.) If someone asks you a question, just say that you'll be happy to answer after the meal is over. If an unsupportive uncle is really trying to push your buttons, ask him to please be respectful—you're not bullying him about what he's eating, so he shouldn't bully you.

My grandma really tries to be supportive, which is great, but she never seems to remember the difference between vegetarian and vegan. I'm vegan, so what should I do if she makes me something with eggs or milk in it?

This is definitely a tricky situation. On the one hand, you don't want to offend your grandma, who is making an effort, after all, but you also want to stick to your beliefs. What to do? I recommend heading things off at the pass. If you think that this might happen, talk to your grandma ahead of time about her plans and work with her on any tricky ingredients (and make recommendations). And if you're already sitting at the table? Politely pass. If she asks why you aren't eating the dish, explain that you don't eat eggs (or whatever is in the dish) anymore but that you really appreciate the effort that she's making for you. If she complains that the food will go to waste, volunteer to give it to a (nonvegan) friend or take it to a homeless shelter. Let her know that you'd love to spend some time with her soon to figure out—together—how to make that particular dish vegan.

My family says that being vegan is too expensive and that if I want my own “special” food during the holidays, I'll have to pay for it myself. I don't have a lot of money to spend. Do you have any suggestions?

Of course, vegan food can be expensive (as can food made with meat, milk, or eggs), but it doesn't have to be. I recommend starting by showing your family the recipes in this guide—the ingredients cost no more than those in the nonvegan versions of the same dishes. Offer to make a few dishes, and win everyone over with how tasty they are! Go grocery shopping with your family so that you can point out the inexpensive traditional holiday food options that just happen to be vegan—such as potatoes, canned and frozen veggies, beans, etc. Soy milk and tofu can be pretty cheap, so be sure to check them out as well. And if you can scrape up a bit of money (you'll be saving on everything else, after all), you can always splurge on a Tofurky roast!





A Turkey's Journey to Your Table

What's the big deal about eating turkeys? If your friends and family are curious about your vegan choices, the following are some helpful facts about the horrors that these birds face as they make their way to the Thanksgiving table:

- Turkeys on factory farms are killed when they are just 5 to 6 months old. During their short lives, they are denied everything that is natural and important to them, such as searching for food, building nests, and raising their young.
- Approximately 300 million turkeys are raised and killed for their flesh every year in the U.S. More than 45 million turkeys are killed each year for Thanksgiving alone, and more than 22 million are slaughtered for Christmas. What makes these numbers even worse is that turkeys raised for food are not protected under any federal laws in the U.S.
- Before ending up on the holiday table, the vast majority of these gentle, intelligent birds spend their lives on factory farms, where thousands of them are packed into dark sheds with no more than 3.5 square feet of space per bird. Turkeys are bred to grow as quickly as possible, and many become crippled under the weight of their massive upper bodies.
- To keep the birds from scratching and pecking each other to death, workers cut off portions of the birds' toes and upper beaks with hot blades and de-snood the males (the snood is the flap of skin that runs from the beak to the chest). No pain relievers are used during any of these procedures.
- Turkeys raised on factory farms won't have the opportunity to breathe fresh air or feel the warmth of the sun on their backs until they're packed onto trucks bound for the slaughterhouse. They are transported for hours without food or water through all weather extremes—and many die during this nightmarish journey.



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- At the slaughterhouse, the survivors are hung upside down by their weak and often deformed legs before their heads are dragged through an electrified "stun bath," which immobilizes but does not kill them. Many birds miss the stun bath and are still conscious when their throats are cut. If the knife fails to cut the birds' throats properly, they are scalded to death in the tank of boiling-hot water used for feather removal.

All this pain and suffering occurs just so that people can enjoy their holiday centerpiece—a headless, oversized, stuffed dead bird. Please use this guide to help educate your friends and family on why you're choosing compassion over cruelty this holiday season.

