



# VEGAN HOLIDAY MEAL!

*easy vegan recipes for a festive family dinner!*

I have had so many requests for vegan recipes for Thanksgiving and Christmas dinner, so here is a full meal for you to have fun with this season! Check out [mindovermunch.com/ebooks](http://mindovermunch.com/ebooks) for more recipes in my Fall Seasonal, Halloween, Thanksgiving and Christmas eBooks! Nutrition is included as well as ingredients noted in grams in all eBooks.



## BUTTERNUT SQUASH SOUP

(also available in my [Ho Ho Healthy eBook!](#))

- 2 cups butternut squash, cooked & cubed
- ½ tsp olive oil
- ½ cup chopped onion
- 2 stalks celery
- 1 large carrot
- 1 cup chicken/vegetable broth
- ½ cup water
- ½ cup light coconut milk
- 1 tsp garlic
- 1 tsp fresh thyme
- ½ tsp ground ginger
- ¼ tsp salt
- ¼ tsp pepper
- ¼ tsp ground nutmeg

*In a pot over medium heat, sauté onions in olive oil, adding garlic after onions have begun to cook. Add remaining ingredients to the pot, stirring until well combined. Turn the heat down to low and simmer for 30-40 minutes. Use an immersion blender to process until creamy (or transfer to a blender or processor in batches). Top with toasted butternut squash seeds! This soup is also great topped with Greek yogurt.*

## LENTIL "MEATLOAF"

- 3 cups, red lentils, cooked
- 2 cups, mashed sweet potato or canned pumpkin
- 1 cups, quinoa, cooked
- 1 large onion, finely chopped
- 4 garlic cloves, minced
- 1 cup green peas
- 1 rib celery
- 1 carrot cut into pieces
- 1 cup mushrooms, sliced/chopped
- ¾ cup pecans/walnuts, copped
- 2 Tbsp fresh thyme
- 2 Tbsp fresh rosemary
- 2 Tbsp fresh parsley
- 1 Tbsp fresh ginger, grated
- 1 tsp poultry seasoning
- 1-2 tsp salt & pep (to taste)

### GLAZE:

- ⅓ cup apricot jam
- ⅔ cup ketchup

*Preheat oven to 350°F (175°C). Sauté garlic, onions, celery, carrot, and mushrooms 3-5 minutes until soft. Add everything to a bowl and mix well to combine. Press into 2 loaf pans. Mix glaze together and brush over meatloaf. Bake 1 hour. Cool 45 minutes before removing from pan. Delicious hot or cold!*

## PUMPKIN PIE BARS

### Crust:

- 1 cup dates, soaked
- 1 cup nuts (almonds, pecans, mixed, etc.)

### Filling:

- 1 can pumpkin
- 10 cup dates, soaked
- 3 Tbsp coconut butter
- 1 tsp vanilla
- ¼ tsp salt
- 1 tsp cinnamon
- 2 tsp pumpkin pie spice
- 2 T coconut flour

*Combine crust ingredients in a food processor. Press into an 8x8" pan lined with foil. Combine filling ingredients in a food processor until creamy– it should be a bit thick. Add to prepared crust and freeze the pan for 8 hours or overnight. Thaw in the fridge 2-3 hours before serving. Topped with candied pecans and coconut whipped cream!*



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