

## **Celebrate Without Suffering**

By Heather Moore

This holiday season, we should all strive for peace on earth and goodwill to all beings, whether they walk on two legs or four; have fur, feathers or fins; or cluck, gobble, oink, or moo.

But how can we talk about peace with our mouths full of the victims of violence? Gather your family and friends together and celebrate the holidays with a savory vegetarian feast, including vegan versions of all your traditional holiday favorites. The following recipes are always a big hit with vegetarians and carnivores alike:

### Savory Pot Pie

4 cubes or 4 Tbsp. vegetable or faux chicken bouillon  
2-1/2 cups hot or boiling water  
1/2 cup nutritional yeast flakes (available at health food stores)  
1/2 cup flour  
1/2 cup oil  
1 tsp. garlic salt  
1/2 tsp. pepper  
1 15.5-oz. can potatoes, diced  
1-1/2 cups frozen or canned/drained mixed corn kernels, peas, and diced carrots  
1/2 lb. faux chicken, cut into tiny cubes (try Worthington's Chic-ketts)  
1 box puff pastry sheets

- Preheat the oven to 400°F. Mix the vegetable or faux chicken bouillon with the hot water to make a stock. Set aside.
- Combine the yeast and flour in a large pot and stir constantly over low heat, until lightly toasted. Add the oil, stirring to make a roux. Slowly whisk in the stock, the garlic salt, and the pepper. Add the vegetables and faux chicken. Cook for 10 minutes.
- Roll out one sheet of puff pastry and place in a 9" pie dish; trim to fit. Pour in the filling and cover with the other sheet, cutting and crimping the edges and making several 1-inch slices on top. Bake for 20 minutes or until the pastry is golden and puffed.

*Makes 6 servings*

### Best-Ever Green Bean Bake

1/4 cup (1/2 stick) margarine  
1/4 cup flour  
1-1/2 cups vegan mushroom soup (try Imagine Foods' Creamy Portobello Mushroom) or faux chicken broth, warmed (try Osem or Telma brands, available in the kosher section of supermarkets)  
1 Tbsp. soy sauce  
1/2 tsp. garlic powder  
2 Tbsp. vegetable oil  
1/4 cup nutritional yeast flakes  
2 14.5-oz. cans French-style green beans, drained  
1 2.8-oz. can French-fried onions

- Preheat the oven to 350°F.
- In a saucepan, melt the margarine over low heat. Add the flour and whisk it until it forms a roux. Add the mushroom soup or faux chicken broth, soy sauce, and garlic powder, whisking until the sauce is thick and bubbly. Add the vegetable oil and nutritional yeast. Whip until smooth.
- Pour the sauce into a small casserole dish, add the green beans, and stir to coat. Bake for 10 minutes, then top with the French-fried onions and bake for 10 more minutes, until browned and bubbly.

*Makes 4 servings*

### Pumpkin Patch Cheesecake

12 oz. firm silken tofu, puréed  
 8 oz. nondairy cream cheese (try Tofutti brand)  
 1 cup canned pumpkin  
 1 cup granulated sugar  
 3 Tbsp. flour  
 1/2 tsp. ground ginger  
 1/2 tsp. nutmeg  
 1 1/2 tsp. cinnamon  
 1/8 tsp. salt  
 1/4 tsp. baking soda  
 1 prepared graham cracker crust

- Preheat the oven to 350°F.
- Purée all the ingredients (except the pie crust) in a food processor. Pour the filling into the graham cracker crust and bake for 50 minutes.
- Allow to cool for 30 minutes, cover with plastic wrap or the top of the pie container and refrigerate for 6 hours or overnight before serving.

*Makes 8 servings*

It's easy to fix a festive cruelty-free feast. Simply swap butter for soy margarine or olive oil, use egg replacer (like Jolly Joan or Ener-G) instead of eggs, and replace cow's milk with soy, almond, or rice milk when mashing potatoes or making desserts. Stuffing can be made with vegetable broth and cooked in a casserole dish, rather than a turkey's innards. Vegetarian gravy mix is available in many health food stores, and canned Franco-American mushroom gravy can be found in most grocery stores.

Recipes for mouthwatering vegan hors d'oeuvres, such as Elegant Eggplant Crostini, Mushroom Pâté, Artichoke Puffs, and more, are posted on VegCooking.com, or you can request free recipes by calling People for the Ethical Treatment of Animals' vegetarian hotline at 1-888-VEG-FOOD.

Or try a delicious ready-made meal such as The Great Unturkey from Now and Zen ([www.nowandzen.net](http://www.nowandzen.net)), Tofu Turkey ([www.freshtofu.com](http://www.freshtofu.com)), or a Tofurky Feast, including a Tofurky Roast, eight cranberry apple potato dumplings, Tofurky giblet gravy, herbed brown and wild rice stuffing, and Tofurky Jurky Wishstix, from Turtle Island Foods ([www.tofurky.com](http://www.tofurky.com)).

You can even enjoy vegan champagne from Smithfield Wine (<http://www.smithfieldwine.com/shop2/enter.html>), Silk Nog from White Wave (<http://www.silkissoy.com/index.php?id=34>) and songbird safe coffee from Monthly Perk (<http://www.monthlyperk.com/peta.asp>). Be sure to toast to all the wonderful companies that are now offering vegan options!

## **Don't Forget Your Party Animals**

Holidays aren't just for humans! While you're in the kitchen fixing your human family a fantastic vegan feast, be sure to make a little something extra for your four-legged best friend, courtesy of Yummy for Dogs. (<http://www.yummyfordogs.org/cookbook/>).

### Bow-Wow Brownies

6 cups oats  
2 cups whole wheat flour  
Egg replacer equivalent of 4 eggs  
1/3 cup corn oil  
3/4 cup molasses  
1 cup rice milk  
1 can pumpkin

- Mix all ingredients together in a large bowl.
- Pat into a greased jelly-roll pan and bake at 325°F for approximately 1 hour.
- Cut into squares.

### Cinnamon Apple Snaps

4 cups whole wheat flour  
1/2 cup cornmeal  
2 Tbsp. vegetable oil  
1 tsp. cinnamon  
1 1/3 cups water  
1 cup grated apple, unsweetened apple juice, or apple pulp from a juicer

- In a large bowl, combine the flour, cornmeal, oil, and cinnamon.
- Stir in the water and the apple.
- Mix until a stiff dough forms.
- Knead until smooth.
- Roll out on a lightly floured surface.
- Cut with cookie cutters.
- Bake at 325°F until browned and crunchy

Or treat your canine companion to vegetarian dog biscuits, such as Mr. Barky's or peanut butter Mr. Pugsly's, both available at large health food stores or from the PETA Catalog (<http://petacatalog.com/peta/product.asp?dept%5Fid=5&pf%5Fid=CA120&mscssid=>).

Felines can be festive, too. Cats go crazy for PETA's Smarty Kat Scratcher (<http://petacatalog.com/peta/product.asp?dept%5Fid=5&pf%5Fid=CA412&mscssid=>) or PETA's Cat Dancer or Cat Charmer. (<http://www.petacatalog.org/products.asp?dept=8&pagenumber=2>).

## **Shop with a Conscience**

The gifts we buy for our family and friends do not have to come at the expense of animals. Although hundreds of companies have pledged never to test their cosmetics, perfumes, toiletries, and household products on animals, many less-enlightened companies still use inhumane, archaic animal tests. Be sure to do your holiday shopping from cruelty-free companies, such as The Body Shop, Bath and Body Works, Avon, Crabtree & Evelyn, and others. A complete list of cruelty-free companies can be found on [CaringConsumer.com](http://CaringConsumer.com).

You can also buy great holiday gifts from the comfort of your own home. PETAMall.com has a variety of unique vendors that offer something for just about everyone. But the best part is that the merchants at the PETAMall donate a percentage of everything you buy to PETA to help animals. Now that's the holiday spirit!

Need some suggestions? Pangea is the perfect place to find wool-free (meaning cruelty-free) hats, gloves, and coats for winter, cruelty-free candles, and scrumptious vegan chocolates. (<http://www.veganstore.com/index-store.html?parentid=16&deptid=17077>)

You can also find a variety of other gift ideas in the PETA Catalog, including a holiday ornament and thought-provoking books like *Making Kind Choices: Everyday Ways to Enhance Your Life Through Earth- and Animal-Friendly Living*, *Animal Angels*, a heartwarming collection of stories about animals who have performed amazing acts of love and compassion, and *Peace to All Beings: Veggie Soup for the Chicken's Soul*.

## **Share the Joy**

The holidays usually put people in a generous mood, but, often unbeknownst to donors, a number of well-known health charities fund cruel, irrelevant experiments on animals. If you plan to donate to a health charity this holiday season, please be sure your contribution will be used to stop suffering, not cause it.

Animal-friendly philanthropists can contribute to cruelty-free charities, such as Easter Seals, the National Alliance of Breast Cancer Organizations, Miracle House, and many, many others. A complete, free list of cruelty-free charities can be found on [CaringConsumer.com](http://CaringConsumer.com).

No money to spare? How about time? Animal shelters always need caring volunteers to walk dogs, clean cages, help with paperwork, and more.

No matter what you celebrate, or what you do to celebrate, please don't forget the animals. They need all the holiday goodwill they can get.

Have a happy, humane holiday.