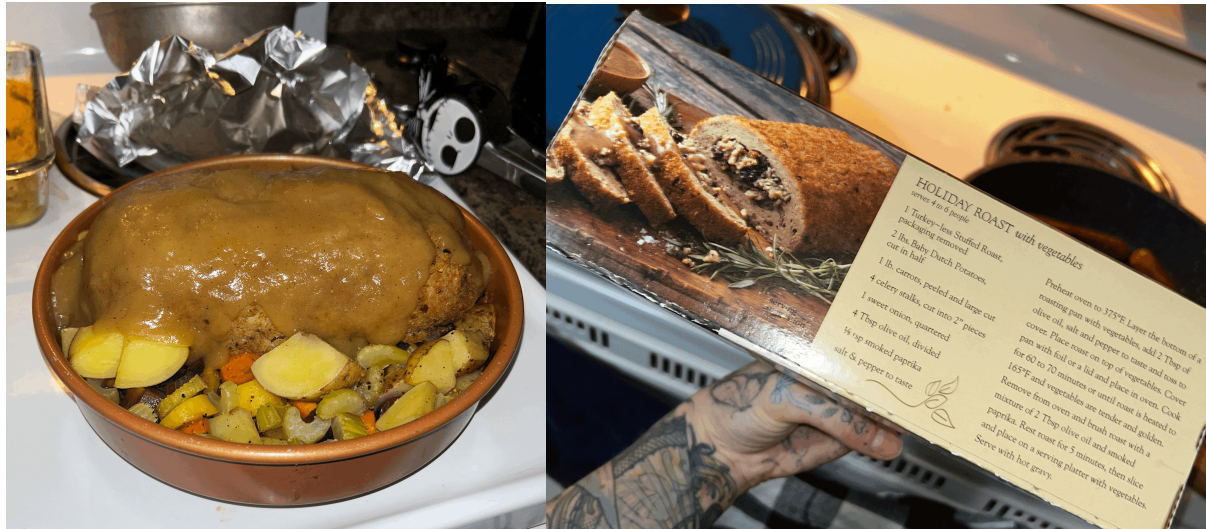


Vegan Thanksgiving Turkey

Wholesome Homemade Vegan Food

By: Madison Margaret

Trader Joe's recipe found on the box of their *Breaded Turkey-Less Stuffed Roast with Gravy*



Ingredients:

Trader Joe's vegan stuffed turkey and gravy
2 tbsp oil or butter (I used Miyoko's Creamery butter)

Celery

1 half sweet onion

1 lbs of sliced and diced carrots

2 lbs of potatoes (I used yukon gold)

Salt and pepper

Materials:

Wooden cutting board

Knife

Oven safe baking pan

Foil

Cook/prep time:

At least an hour of baking and 20 minutes of prep.

Start by acquiring your ingredients and materials. Clean your veggies. Next, dice your veggies into bite sized pieces. Layer the bottom of the baking pan with the veggies, mixed with 2 tbsp of oil/butter, salt and pepper. Cover with foil or a lid and place in the oven for at least 60 minutes, or until roast is 165 degrees F, internally. The veggies should be golden and tender by the time the roast is done cooking. After it is done cooking, let it rest for 5 minutes, then serve with the gravy -be sure to heat up fully before you add the gravy. There are 6 servings per container of the stuffed roast, plus the addition of the veggies makes this meal hearty and packed with nourishing vitamins.

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There is 26 grams of protein in one serving of this roast, along with 0 grams of trans fat, 0 milligrams of cholesterol & 0 grams of added sugar. Read the ingredients to make sure you have no allergies to the stuffed roast. Let us know if you try this dish!



My Opinion: I was pleasantly surprised at how amazing this dish came out. Majority of the dish was fresh veggies, and it truly made the dish spectacular. It was one of the best vegan meals I have ever had. The vegan turkey was perfectly roasted and seasoned. Originally I was a bit skeptical about buying the frozen stuffed turkey, as it was expensively priced at \$14.99, and I did not want to waste time or money. I can say I was blown away with the recipe and how the consistency of the vegan stuffed turkey held up, despite being roasted with steaming hot veggies. (vegetarian for 11 years).

My Boyfriend, Skyley's opinion: I liked it more than I thought I would. I liked it enough to eat my own plate of it, instead of just trying. I was skeptical but the food smelled amazing and looked like it cooked very well. I am glad I gave it a taste, as it was fresh, comforting, and filling. (does not follow a vegan/vegetarian diet).