

Hello, friends! This week the Thanksgiving series continues, and we move on to main entrees. Below are three excellent vegan main-dish ideas plus tips on how to make them your own and ideas for pairing with sides & dessert. Dessert will be covered more next week!

1. Elegant Mushroom Wellington by Sweet Potato SoulURL:

<https://sweetpotatosoul.com/vegan-thanksgiving-guide/>

Try this tweak: Use seasonal mushrooms (like oyster + shiitake), swap in your favorite herbs (rosemary, thyme) and serve with a rich vegan red-wine or mushroom gravy.

Pairing suggestions: Serve with roasted root vegetables and a simple green salad dressed in maple-mustard vinaigrette.

2. Vegan Lentil & Walnut “Meatloaf” by Sweet Potato Soul

URL: <https://sweetpotatosoul.com/vegan-thanksgiving-guide/>

Try this tweak: Add finely chopped mushrooms for extra umami, or glaze the top with a maple-smoky mustard glaze to create a caramelized exterior.

Pairing suggestions: A side of creamy mashed sweet potatoes and steamed green beans with toasted almonds would be a lovely complement.

3. Whole Roasted Cabbage “Turkey” by Sweet Potato Soul

URL: <https://sweetpotatosoul.com/vegan-thanksgiving-guide/>

Try this tweak: Score the cabbage for deeper flavor penetration, brush with a garlic-herb oil before roasting, and serve resting on a bed of lentils or quinoa with fresh parsley.

Pairing suggestions: A warm grain salad (farro or wild rice) with cranberries and pecans pairs

beautifully alongside.



