



PETA's Vegan Holiday Survival Guide!



It's time to start preparing to make another delicious vegan spread to impress friends and family this holiday season! This is the perfect opportunity to show the meat-eaters in your family that they can still enjoy holiday traditions without supporting the cruelty inherent in the meat and dairy industries. It's easier than you'd think, so let PETA help you out with this handy holiday guide!


Vegan Alternatives


There's a vegan alternative for everything! Most traditional recipes can be altered with a few substitutions. Check out some of these easy-to-find options:

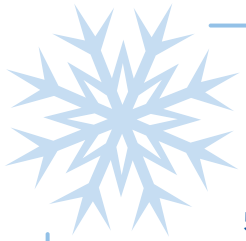
- Cruelty-free holiday roasts:** Vegan holiday roasts are available at Trader Joe's, Whole Foods, Kroger, and most other grocery stores around the country. Some of our favorite brands are Tofurky, Field Roast, and Gardein. Most brands also make vegan gravy.
- Soy milk:** Original and unsweetened varieties can replace cow's milk in mashed potatoes and anywhere else milk is needed. Soy milk is available at nearly every grocery store, including Walmart, Target, and even dollar stores and 7-Eleven! Almond and rice milk are great options as well.
- Vegan margarine:** There are many companies that make dairy-free butter substitutes these days! Pretty much any grocery store will have at least one option available. One of our faves is Earth Balance.
- Vegetable stock:** Meat-based stock can be replaced with vegetable stock in homemade stuffing recipes and more.
- Bananas, applesauce, or egg replacer:** You can easily replace eggs with any of these items for your baking recipes. Many different brands of egg replacers are now widely available. Visit [PETA.org/VeganEggs](https://peta.org/VeganEggs) for info on how to use these.
- Agave nectar or maple syrup:** Try these sweet alternatives to honey for your holiday recipes.

Traditional Recipes, Veganized (It's Easy!)

We've put together some vegan recipes for some well-known (and well-loved!) holiday dishes. Worried about health? Making these favorites vegan removes not only the meat, dairy products, and eggs but also the cholesterol and a lot of the saturated fat. Don't worry—these recipes are as tasty as the originals and are sure to wow vegans and nonvegans alike.







Garlicky Mashed Potatoes

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 and garlic, place in a bowl with the remaining ingredients, and mash until smooth.
- Serve hot.

Makes 4 to 5 servings

Green-Bean Casserole

½ medium onion, diced
¾ cup chopped button mushrooms
1 Tbsp. vegetable oil
Salt and pepper, to taste
1½ cups unsweetened soy milk
1 vegetarian 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 frying pan. 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 to the pan, stirring well.
- Quickly add the green beans, the sautéed veggies, 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 to 6 servings



Cranberry Herb Stuffing

1½ cups dried cranberries
2½ cups apple juice
2 stalks celery, diced
1 red onion, diced
3 cloves garlic, minced
2 Tbsp. vegan margarine
1 tsp. thyme
½ tsp. sage
1 Tbsp. dried parsley (or 2 Tbsp. fresh chopped parsley)
14 slices whole-wheat bread, lightly toasted and chopped into cubes
¼ tsp. black pepper
¼ tsp. cinnamon

- Preheat the oven to 350°F.
- Soak the cranberries in the apple juice.
- Sauté the celery, onion, and garlic in the vegan margarine until soft, approximately 5 minutes. Add the thyme, sage, and parsley and sauté for an additional minute.
- Combine the cranberries, apple juice, celery mixture, whole-wheat bread, black pepper, and cinnamon in a large bowl and stir well.
- Bake for 25 minutes and enjoy!

Makes 6 to 8 servings

Pumpkin Pie

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





Common Questions



Your nonvegan family members might have questions. It's important to have polite and succinct responses prepared in order to avoid arguments at the table. Remember: Being vegan is the best way to save animals, improve your own health, and help the environment!

What is the difference between a vegetarian and a vegan?

Vegetarians don't eat meat—and that includes chicken and fish. Vegans avoid all products that come from an animal, including eggs, dairy products, honey, etc. Luckily, there are vegan alternatives to almost anything, including sour cream, ice cream, and more!

What's wrong with eggs? It doesn't hurt the chickens to lay eggs.

Only female chickens are profitable to the egg industry, so the male chicks are killed shortly after birth. The most common practice is to toss them into grinders while they are fully conscious and able to feel pain. Egg-laying hens spend their lives confined to wire cages smaller than a piece of paper, without room to spread their wings or stand up. After their bodies become worn out and their egg production drops, the hens are killed. Eating and purchasing eggs contributes to the massive suffering and killing of animals.

Isn't vegan eating really expensive?

Vegan specialty items, such as prepared foods, can be expensive, but luckily, those aren't the only options. Vegan staples such as pasta, rice, tofu, and beans are much cheaper than meat. The money you save from not buying meat can go toward paying just a little extra for nondairy milk and other staples, such as fruits and vegetables. Eating fresh fruit and vegetables may cost more than junk food, but you can't put a price tag on the health benefits. A vegan diet could save hundreds or even thousands of dollars in health care.

A vegan diet isn't healthy. We need meat, don't we?

A vegan diet can be extremely healthy! Vegan foods contain no cholesterol, are often low in saturated fats, and are full of protein, iron, and calcium. Vegans have lower rates of obesity, and a vegan diet lowers people's risk of the three leading causes of death in the United States—heart disease, cancer, and strokes.

The bible says it's OK to eat meat!

Many biblical scholars believe that Jesus was a vegetarian. Jesus' message is one of love and compassion, and there is nothing loving or compassionate about factory farms and slaughterhouses, where billions of animals live miserable lives and die violent, bloody deaths. Jesus mandates kindness, mercy, compassion, and love for all God's creation. He would be appalled by the suffering that we inflict on animals just to indulge our acquired taste for their flesh.

Cows need to be milked. What's wrong with drinking it?

Like all mammals, cows produce milk for their babies. In order to make milk, cows on factory farms are impregnated over and over again until their bodies are too worn out to continue producing, at which point they are killed. The calves are immediately separated from their moms, and the males are sent to veal farms. By drinking milk, you are actually supporting the veal industry. Luckily, there are tons of delicious nondairy milks available these days!

Still have questions? Check out [PETA.org](https://peta.org) for info, recipes, tips, and more ways that you and your family can help animals.