

ONE BITE

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Vegan Magazine

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20 FESTIVE RECIPES
for **THANKSGIVING**
& **CHRISTMAS**

STAYING HEALTHY
OVER THE HOLIDAYS
with a *plant-based diet*

WIN A COPY OF VEGAN HOLIDAY COOKING

+ RECIPES

ONE EZ TOFU PRESS
TO GIVE AWAY

WIN ARTISANAL CHOCOLATE from XOCOLATL SMALL BATCH CHOCOLATE

VEGAN EATS & DRINKS
for your New Year Party

NOT ONE, BUT TWO
»» **READER GIVEAWAYS!** ««

Mashed Potato Stuffing

Charla - That Girl Cooks Healthy

Potato stuffing – A traditional Virgin Islands recipe consisting of Caribbean sweet potato, raisins and vegetables served on the side for thanksgiving.

INGREDIENTS

- 3lb of white sweet potatoes
- 2 garlic cloves, minced
- ½ cup of onion, minced
- 2 tbsp of celery, minced
- ½ cup of red and green bell peppers, minced
- 2tbsp of coconut oil
- 3tbsp of dairy free butter
- ¼ cup of tomato paste
- 1tbsp parsley
- 1 tsp of thyme
- ⅓ cup of raisins
- ¼ cup of coconut sugar
- 1 tsp of black pepper
- ⅛ tsp of cinnamon (optional)
- himalayan pink salt to taste (I used ½ tsp)



INSTRUCTIONS

1. Preheat the oven at 170 degrees celsius or gas mark 4.
2. Wash and dry the white sweet potatoes before proceeding to peel the potatoes using a paring knife.
3. Roughly chop the potato into chunks before adding them to a large pot of water. Add enough water to the pot so that all the potatoes are completely submerged in water.
4. Bring the pot to boil and cook the potato chunks until tender. This should take approximately 10-12 minutes, Be sure to determine the readiness by pricking a piece of potato with a fork. It should be soft to the touch.
5. Drain off the excess water and use and potato masher to break down the potato chunks and incorporate the butter.
6. On medium heat add the coconut oil and begin to saute the onion and garlic for 30 seconds.
7. Quickly add the bell peppers, celery and raisins and cook for 1 minute.
8. Add the coconut sugar, tomato paste, thyme, black pepper, salt to your taste and cinnamon. The contents in the frying pan should take on a red hue.
9. Continue to toss and rotate the pan for another minute before removing it from the stove.
10. Pour the sauteed ingredients in with the mashed potatoes and use a folding technique to ensure the fruit and vegetables are fully incorporated, note the potato should be a subtle red hue.
11. Transfer the potato stuffing into an oven proof dish, using a knife to evenly distribute the mixture, it should resemble a deep pie.
12. Bake in the oven for 45 minutes until golden brown with a thin crust.
13. Remove and allow to cool before serving accordingly.



Charla —

Charla is the content creator behind thatgirlcookshealthy.com. On her blog you will find dairy-free, gluten-free and plant-based recipes that will suit everyone! She hopes to excite her followers and inspire them to try her delicious and healthy recipes.

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