

## Vegan Thanksgiving Recipes To Try Out This Season

This Thanksgiving why not try the latest diet trend and lets go vegan! Who says vegan has to be boring, it can actually be a whole lot of fun and fantastic with just a little meal planning.

### *4. Lentil Pilaf*

By Executive Chef Kevin Templeton, [Barleymash](#)



- 3 tbsp. coconut oil (divided)

- 3 tbsp. minced shallots
- 2 cups chicken or vegetable stock
- 1 cup lentils, any color
- ¼ cup chopped cauliflower
- ¼ cup chopped carrots
- ¼ cup chopped onions
- ¼ cup chopped celery
- Salt and pepper, for taste
- Butter (optional)

## Instructions

1. Heat 1 tbsp. coconut oil in a saucepan and stir in shallots. Sauté shallots until they are a nice golden brown.
2. Add stock (chicken or veggie) and bring to a boil.
3. Stir in lentils and reduce heat to a low simmer. Simmer uncovered for 5 minutes or until lentils are tender but not too soft. **Be aware:** Different types of lentils take less or more time to cook.
4. Drain excess liquid and set aside.
5. Heat remaining 2 tbsp. coconut oil in a large sauté pan over high heat. Stir in cauliflower, carrots, onions and celery and sauté for 5 minutes or until tender.
6. Add lentils and sauté for 2 more minutes.
7. Season with salt and pepper.
8. Stir in butter (if you like).