

Vegan Christmas roast

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-christmas-roast-recipe>

Ingredients:

- 7/8 pound puff pastry vegan
- 1/2 cup green lentils or dry brown
- 4 11/16 cups mushrooms chopped
- 11/16 cup roasted chestnuts chopped
- 1 onion large, chopped
- 2 garlic cloves minced
- 1 tablespoon sage chopped
- 2 teaspoons rosemary chopped
- 1 tablespoon soy sauce
- 2 tablespoons vegan butter
- 1 tablespoon aquafaba
- 1 tablespoon soy milk
- freshly ground black pepper

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 40 grams
3. Fat: 19 grams
4. Fiber: 6 grams
5. Protein: 9 grams
6. SaturatedFat: 5 grams
7. Sodium: 240 milligrams
8. Sugar: 4 grams

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