Vegetarian

Plant Forward Southern Table

Vegetables, beans, grains, and a generous skillet

Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

Make this kitchen yours 3

Food safety and ingredient labels 4

Smoky Black-Eyed Peas with Collards 5

Sweet Potato Cornbread Skillet 7

Edition, use and support 9

Typeface license 10

Make this kitchen yours

A plant forward Southern table can begin with a pot of beans, a skillet of cornmeal batter, and vegetables cooked with attention to their texture. This collection takes inspiration from ingredients and combinations found across many Southern kitchens while offering its own vegetarian arrangements. It does not represent a single region, household, or culinary authority. Smoked paprika provides a rounded, smoky note in the peas and beans; vegetable broth supports the gravies and fillings without animal stock. Some recipes include eggs or dairy, so plant forward here means centering plants rather than promising that every dish is vegan. Choose two or three dishes for a shared supper, or make a complete bowl from a grain, a legume, and a vegetable. Keep the vegetable cuts consistent, give browned ingredients enough room, and taste vinegar or lemon additions at the end. Those small decisions are more useful than adding many seasonings. These are original development-edition recipes for Junction Table by CrownThrive, LLC; they have not been kitchen-tested. Cooking times are guides, and package directions or the tenderness of your ingredients may require adjustments.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.

Smoky Black-Eyed Peas with Collards - AI-generated realistic food artwork, not a photograph or tested result.

Smoky Black-Eyed Peas with Collards

4 servings | Prep: 15 minutes | Cook: 30 minutes

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 teaspoon smoked paprika
- 2 cans (15 ounces each) black-eyed peas, drained
- 1 pound collard greens, stemmed and sliced
- 2 cups vegetable broth
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper

Method

1. Heat the oil in a wide pot over medium heat. Add onion and salt; cook 6 minutes, stirring, until softened. Add garlic and paprika and stir for 30 seconds.

2. Add peas and broth, scraping up the spices. Bring to a simmer, then add collards in two batches, allowing the first batch to wilt before adding the second.

3. Cover partly and simmer 20 minutes, stirring every 5 minutes, until the collards are tender but still distinct. Add a splash of water if the bottom looks dry.

4. Stir in vinegar and pepper. Mash a spoonful of peas against the pot to lightly thicken the broth. Taste and serve in shallow bowls.

Cook's tip

Slice collards across their width into narrow ribbons so their firm stems do not dominate each bite.

Substitution

Use mustard greens for a sharper flavor; check tenderness after 12 minutes because they cook faster.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3–4 days. Reheat thoroughly.

Ingredient allergen notes

No major allergens identified in the listed ingredients. Check labels and cross contact.

Sweet Potato Cornbread Skillet

8 wedges | Prep: 15 minutes | Cook: 25 minutes

Ingredients

- 1 cup fine cornmeal
- 3/4 cup all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 2 tablespoons brown sugar
- 1 cup mashed cooked sweet potato
- 2 large eggs
- 3/4 cup milk
- 1/4 cup neutral oil
- 1 tablespoon butter

Method

1. Heat the oven to 400°F. Put butter in a 10-inch ovenproof skillet and warm it in the oven for 3 minutes, just until melted; remove carefully.

2. Whisk cornmeal, flour, baking powder, salt, and sugar in a bowl. In another bowl, whisk sweet potato, eggs, milk, and oil until mostly smooth.

3. Fold wet ingredients into dry ingredients with a spatula just until no dry pockets remain. Pour into the buttered skillet and spread to an even thickness.

4. Bake 22–26 minutes until the center springs back and a toothpick comes out with a few dry crumbs. Cool 10 minutes before cutting into eight wedges.

Cook's tip

Use cooled, smooth sweet potato mash; large lumps leave damp spots.

Substitution

Use unsweetened soy milk and oil instead of milk and butter; add soy to allergens.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3–4 days. Wrap wedges after cooling; rewarm in a 325°F oven for 10 minutes.

Ingredient allergen notes

wheat, egg, milk

Edition, use and support

One household recipient may keep, download and print this edition for personal household use. You may cook and adapt the recipes. Do not resell, redistribute, upload the book publicly or sublicense its text, layouts or files. Copyright and other rights are not transferred. Online access follows the published refund and dispute policy.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Typeset in DejaVu Serif and DejaVu Sans. Copyright (c) 2003 by Bitstream, Inc. All Rights Reserved. Bitstream Vera is a trademark of Bitstream, Inc. DejaVu changes are in public domain. The embedded font software is supplied under the Bitstream Vera font license; see FONT-LICENSE.txt in the download.

Gretna Junction - CrownThrive, LLC - Go Flipbooks publishing lane. Support and corrections: contact@crownthrive.com. https://gretnajunction.com/support

https://gretnajunction.com/support

Safety references

FoodSafety.gov • safe cooking temperatures

https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

USDA FSIS • leftovers and food safety

https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety

Sources checked October 4, 2026. Original recipes are separate from these safety references.

Typeface license

DejaVu font software

Copyright: Copyright (c) 2003 by Bitstream, Inc. All Rights Reserved. Bitstream Vera is a trademark of Bitstream, Inc. DejaVu changes are in public domain.

Bitstream Vera font license Permission is hereby granted, free of charge, to any person obtaining a copy of the fonts accompanying this license ("Fonts") and associated documentation files (the "Font Software"), to reproduce and distribute the Font Software, including without limitation the rights to use, copy, merge, publish, distribute, and/or sell copies of the Font Software, and to permit persons to whom the Font Software is furnished to do so, subject to the following conditions:

The above copyright and trademark notices and this permission notice shall be included in all copies of one or more of the Font Software typefaces.

The Font Software may be modified, altered, or added to, and in particular the designs of glyphs or characters in the Fonts may be modified and additional glyphs or characters may be added to the Fonts, only if the fonts are renamed to names not containing either the words "Bitstream" or the word "Vera".

This License becomes null and void to the extent applicable to Fonts or Font Software that has been modified and is distributed under the "Bitstream Vera" names.

The Font Software may be sold as part of a larger software package but no copy of one or more of the Font Software typefaces may be sold by itself.

THE FONT SOFTWARE IS PROVIDED "AS IS", WITHOUT WARRANTY OF ANY KIND, EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO ANY WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE AND NONINFRINGEMENT OF COPYRIGHT, PATENT, TRADEMARK, OR OTHER RIGHT. IN NO EVENT SHALL BITSTREAM OR THE GNOME FOUNDATION BE LIABLE FOR ANY CLAIM, DAMAGES OR OTHER LIABILITY, INCLUDING ANY GENERAL, SPECIAL, INDIRECT, INCIDENTAL, OR CONSEQUENTIAL DAMAGES, WHETHER IN AN ACTION OF CONTRACT, TORT OR OTHERWISE, ARISING FROM, OUT OF THE USE OR INABILITY TO USE THE FONT SOFTWARE OR FROM OTHER DEALINGS IN THE FONT SOFTWARE.

Except as contained in this notice, the names of Gnome, the Gnome Foundation, and Bitstream Inc., shall not be used in advertising or otherwise to promote the sale, use or other dealings in this Font Software without prior written authorization from the Gnome Foundation or Bitstream Inc., respectively. For further information, contact: fonts at gnome dot org.

Let beans, greens, and grains lead.

Plant Forward Southern Table starts with familiar pantry ingredients and gives vegetables a central place in the meal. These twelve vegetarian recipes move from Smoky Black-Eyed Peas with Collards to Roasted Cabbage with Peanut Drizzle and Pecan Sweet Potato Patties. Build a pot around smoked paprika and vinegar, roast cabbage in sturdy wedges, or shape a skillet supper from cooked sweet potato and chickpeas. The techniques cover flavor without meat, vegetable moisture, and patient cornmeal cooking. Two menus and a shopping list for the first menu help connect the dishes to a workable plan. Substitution and storage notes accompany each recipe. Original recipe development edition; not kitchen-tested.

- Twelve vegetarian meals and sides using beans, greens, seasonal vegetables, and grains.
- Wide-pot, sheet-pan, and nonstick-skillet methods with distinct finishing sauces.
- Flavor-building and moisture techniques, two menus, and a first-menu shopping list.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.

Pecan Sweet Potato Patties

AI-generated realistic food artwork

Junction Table by CrownThrive, LLC
Development edition 1.2.0. Personal household use.
Support and corrections: contact@crownthrive.com