Pope Francis to ‘every person on Earth’: Be kind to animals

“One day, we will see our animals again in the eternity of Christ. Paradise is open to all of God’s creatures.”

“It is contrary to human dignity to cause animals to suffer or die.”

“We must forcefully reject the notion that we are prepared without animal products.

“All meals during this 40-day period during Lent is not eating meat.

Giving up Meat for Lent

The most observed tradition during Lent is not eating meat. All meals during this 40-day period are prepared without animal products. Christians observe a meat-free diet for ethical, environmental, nutritional and spiritual reasons.

Ingredients:
1 cup rice flour
1 small onion, chopped finely
3 tablespoons fresh coconut, grated
1 teaspoon cumin seeds
2 green chillies, deseeded
3 tablespoons coriander leaves, chopped
1 carrot, grated
1 teaspoon ginger, grated
2 teaspoons dill leaves/salvia, chopped
Salt to taste
Water
Oil

Preparation:
Mix rice flour, onions, coconut, cumin, green chillies, coriander leaves, carrot, ginger, dill leaves and salt in a bowl with a little water and knead it. Divide the dough into equal balls.

Grease the tawa and heat it. Place a dough ball and fatten it evenly by dipping fingers in water and spreading it evenly. If making thick roti, prick it with a fork and let it cook well.

Apply oil on both sides and roast again.

Serve akki roti with chutney.

Ragi Ladoos

Ingredients:
2 tablespoons ragi flour
1 teaspoon jaggery
1 tablespoon coconut oil
1 cup desiccated coconut

Preparation:
Mix jaggery and water in a pan and boil. Add cardamom powder and boil until the syrup is of one string consistency. Immediately pour the syrup over the roasted ragi balls/ladoos.

Add cardamom powder and sauté for 1 minute.

Roah ki Kheer

Ingredients:
1 cup strawberries
1 cup green peas
1 cup pineapple juice
2 tablespoons broken cashews
100 grams raisins
1 cup sugarcane juice (without lemon or ginger)
2 mint leaves

Preparation:
Boil sugarcane juice in a pan on medium flame. Heat oil and fry cashew nuts and raisins. Add in desiccated coconut and sauté for 1 minute. Keep aside.

Add ragi flour mixture. Mix well and wait till it cools a little and make ladoos. (The ladoos will be little soft, but will harden when cool.)

Serve hot.

Cold Cucumber Soup

Ingredients:
1 cup light fresh coconut milk
1 large seeded cucumber
1 medium avocado
1 cup fresh parsley
1 cup fresh dill/salava
2 teaspoons lemon juice

Preparation:
Using a mixer, blend all ingredients at high speed.

Let the almond butter cool. Then transfer mixture to a jar. Can be stored in the refrigerator for 2 weeks.

Almond Butter

Ingredients:
2 cups raw almonds
½ teaspoon salt
½ teaspoon vinegar olive oil

Preparation:
Preheat the oven to 180 degrees. Spread and toast the almonds for 10 minutes. Let them cool. Blend the almonds until creamy. Toast the almonds for 10 minutes. Let them cool.

Blend the almonds until creamy.

Smoothie

Ingredients:
1 tablespoon olive oil
1 large seedless cucumber
1 cup light fresh coconut milk

Preparation:
Liquidise the ingredients together. Add ice and serve.

Veg @ Lent

Beauty Without Cruelty's India is happy to present a small selection of tasty and easy to make recipes for the benefit of non-vegetarians who some times do not wish to consume flesh on religious, health or ethical grounds.

For an assortment of Beauty Without Cruelty's tested and tasted, healthy and delicious vegan recipes:

www.bwcindia.org/Web/Recipes/VeganFood.html

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2019
Goan Mushroom Balchão
Serves 4

Ingredients:
2 cups whole button mushrooms
1/4 cup oil
2 sprigs curry patta, washed and dried
2 green chillies, sliced
tablespoons ginger-garlic paste
2 onions, finely chopped
1 cup tomatoes, roughly chopped
Salt

Preparation:
Heat 2 teaspoons oil. Add ginger & garlic. Sauté till they sizzle. Add lemon juice. In the same pan add spinach puree with remaining 1/2 teaspoon turmeric powder.

Tofu
Serves 4

Ingredients:
5 teaspoons oil
200 grams tofu, cut into cubes
1 teaspoon pepper, ground
1 bunch spinach/palak, chopped
1 inch ginger, roughly chopped
4 garlic cloves, roughly chopped
2 tomatoes, roughly chopped
1 teaspoon red chilli powder
1 teaspoon garam masala, to sprinkle
1 teaspoon high lemon juice
1/4 cup coconut milk
Salt to taste

Bajra Khichdi with Flaxseed Chutney
Serves 2

Ingredients:
1 cup bajra/maillet, soaked overnight
1 cup moong dal
Salt
4 cups water
1 teaspoon turmeric powder
1/2 teaspoon red chilli powder
1/2 teaspoon asafoetida/hing
1/2 teaspoon turmeric

Preparation:
Pressure cook bajra, moong dal, salt and water for 4 whistles. Heat oil and add cummin seeds, chillies, asafoetida and turmeric. Add bajra-moong dal mixture and cook on a medium flame for 2 to 3 minutes.

Palak Tofu
Serves 4

Ingredients:
2 tablespoons oil, added tofu and sprinkles, salt, pepper and red chilli flakes. Saute and keep aside. Heat 1 teaspoon oil. Cook the spinach. Keep aside.
Add tofu. Cover & simmer for 10 minutes on low heat. Add lemon juice. Serve hot with chapatti.

Flaxseed Chutney
10 tablespoons flaxseed
1 whole garlic pod
5 dry red chilies
2 tablespoons dry coconut, grated
Mix in coconut and grind coarsely.

Preparation:
Add tofu. Cover & simmer for 10 minutes on low heat. Add lemon juice. Serve hot with chapatti.

Masala Bhaat
Serves 4

Ingredients:
1 1/2 cup Basmati rice, soaked
2 small brinjals, cut into 4 lengthwise
1/2 teaspoon turmeric powder
1 teaspoon red chilli flakes
1 bunch spinach/palak, chopped
1 inch ginger, chopped
4 garlic cloves, chopped
2 tomatoes, roughly chopped
1 1/2 teaspoons red chilli powder
1/2 teaspoon garam masala, to sprinkle
1 teaspoon high lemon juice
1/4 cup coconut milk
Salt to taste

Preparation:
Heat 1 teaspoon oil. Cook the spinach. Keep aside. In the same oil add spinach puree with remaining 1/2 teaspoon turmeric powder.

Bajra Khichdi with Flaxseed Chutney
Serves 2

Ingredients:
1 cup bajra/maillet, soaked overnight
1 cup moong dal
Salt
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Preparation:
Pressure cook bajra, moong dal, salt and water for 4 whistles. Heat oil and add cummin seeds, chillies, asafoetida and turmeric. Add bajra-moong dal mixture and cook on a medium flame for 2 to 3 minutes.

Serve with chutney.

Flaxseed Chutney
10 tablespoons flaxseed
1 whole garlic pod
5 dry red chilies
2 tablespoons dry coconut, grated
Mix in coconut and grind coarsely.

Preparation:
Add tofu. Cover & simmer for 10 minutes on low heat. Add lemon juice. Serve hot with chapatti.

Preparation:
Soak brinjals in salt water. Heat pan and roast separately coriander seeds, cumin seeds, and salt to taste. Simmer for 2 minutes.
Lastly add the mushrooms, cover pan with lid and simmer for 5 minutes. Ladily add the mushrooms, cover pan with lid and simmer for 5 minutes. Serve with chutney.

Goan Mushroom Balchão
Serves 4

Ingredients:
2 cups whole button mushrooms
1/4 cup oil
2 sprigs curry patta, washed and dried
2 green chillies, sliced
tablespoons ginger-garlic paste
2 onions, finely chopped
1 cup tomatoes, roughly chopped
Salt

Preparation:
Heat oil and add cumin seeds, chillies, asafoetida and turmeric. Add beet-moong dal mixture and cook on a medium flame for 2 to 3 minutes.

Serve with chutney.

Flaxseed Chutney
10 tablespoons flaxseed
1 whole garlic pod
5 dry red chilies
2 tablespoons dry coconut, grated
Roast above except coconut.
Mix in coconut and grind coarsely.

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