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.”

“We must forcefully reject the notion that our being created in God’s image and given dominion over the earth justifies absolute dominion over other creatures.”

“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:
- 300 grams channa dal
- 8 green chilies, chopped fine
- ½ inch ginger
- 500 grams cluster beans/gavaar phalee
- 3 tablespoons oil
- 1 teaspoon cumin seeds
- 1 teaspoon urad dal
- 4 curry leaves/patta
- ½ teaspoon mustard seeds/rai
- 2 dried red chilies
- 1 large onion, chopped

Preparation:
- Soak channa dal for 2 hours. Rinse & drain water.
- Heat oil. Sauté jeera, urad dal, curry leaves/patta, mustard seeds/rai, and red chilies till they pop.
- Add chopped onion and fry for 2 minutes.
- Add channa dal mixture & fry for another 3 minutes.
- Add cluster beans/gavaar phalee. Mix well. Stirring continuously, continue to cook for 2 more minutes.

Ingredients:
- 3 sweet ripe mangoes
- 2 cups thick coconut milk
- 2 red Kashmiri chilies
- 1½ teaspoons mustard seeds/rai
- 1 tablespoon oil
- 1 sprig curry leaves
- ½ teaspoon turmeric
- ½ inch ginger
- 2 teaspoons grated jaggery
- Salt to taste

Preparation:
- Grind together coconut milk, ½ cup of the mango flesh, chilies and ½ teaspoon mustard seeds. Keep aside.
- Add mangoes, ground paste, a cup of water and jaggery. Continue to cook for 2 more minutes.
- Add salt to taste. Simmer until it thickens.
- Serve hot with rice.

Ingredients:
- 4 cups rice, cooked
- 3 tablespoons oil
- 1 teaspoon cumin seeds
- 2 teaspoons ginger-garlic paste
- 2 green chilies, sliced in half
- 1 red onion, finely chopped
- 1 tomato, chopped
- 1½ cups green peas, shelled
- 1 cup carrot, cubed
- 2 teaspoons pav bhaji masala
- ½ cup green capsicum, chopped
- 2 tablespoons chopped coriander
- Lemon
- Salt to taste

Preparation:
- Wash the dry ingredients together in a bowl. Keep aside. Mix the wet ingredients in a bigger bowl. Add the dry ingredients to the wet & mix together.

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For an assortment of Beauty Without Cruelty's tasted and tested, healthy and delicious vegan recipes: www.bwcindia.org/Web/Recipes/VeganFood.html
### Baked Sweet & Sour Karela
**Serves 4**

**Ingredients:**
- 500 grams karela peeled & cut into thin slices
- 3 tablespoons oil
- ½ teaspoon cumin powder
- ¾ teaspoon coriander powder
- ¾ teaspoon raw mango/amchur powder
- ¼ teaspoon red chilli powder
- ¼ teaspoon turmeric powder
- Salt to taste
- 2 tablespoons jaggery powder
- Coriander to garnish

**Preparation:**
- Add oil to the sliced karela & toss.
- Add all the powders, salt and jaggery. Toss again so the karela slices are well coated with the spices. Set aside for 20 minutes.
- Pre-heat the oven to 200 degrees.
- Transfer the karela slices in a single layer onto a large aluminium foil baking sheet that has been greased with oil.
- Bake at 250 degrees for 23 minutes.
- If you want it to be crispy and extra brown, spray oil on it and reheat for 1-2 minutes. Be careful it may burn quickly.
- Garnish with coriander.
- Serve with dal and rice or roti.

### ABC Magic Drink
**Serves 4**

**Ingredients:**
- 2 apples
- 1 beetroot
- 2 carrots
- ½ inch ginger
- 2 teaspoons lemon juice
- ½ teaspoon black salt/hala namak

**Preparation:**
- Peel and chop apples, beetroot and carrots into small pieces.
- Put all the pieces with ginger in a juice extractor.
- After extracting the juice from the juicer, add lemon juice and salt.
- Cool and serve.

### Mixed beans & Pasta Soup
**Serves 4**

**Ingredients:**
- 3 cups mixed beans, soaked overnight & cooked
- 1 onion, chopped
- 1 tomato, chopped
- 2 carrots, chopped
- 2 celery ribs, chopped
- 5 cups water
- Salt & pepper for taste
- 1 cup small vegan pasta
- 1 tablespoon rosemary leaves
- Olive oil

**Preparation:**
- Put mixed beans, onion, tomato, carrots, celery ribs, bay leaves, rosemary & water in a pot.
- Boil, lower the heat, cover and simmer for half an hour.
- Add pasta. Cook for 10 to 15 minutes until the pasta is soft.
- Season with salt and pepper.
- Drizzle olive oil.

### Punjabi Chole
**Serves 4**

**Ingredients:**
- 1½ cups Kabuli channa, soaked overnight
- 3 dry amla/awla
- Salt to taste
- 1 pinch tea leaves
- 4 tomatoes
- 2 teaspoons jeera
- 2 teaspoons oil
- 2 green chillies, chopped
- 2 onions, chopped
- 3 teaspoons ginger-garlic paste
- 2 teaspoons garam masala
- 2 teaspoons jeera powder
- 1 teaspoon chilli powder
- 1 tablespoon pomegranate/anar powder
- 2 tablespoons kuthmir, chhopping

**Preparation:**
- Pressure cook 3 cups of water, Kabuli channa with tea leaves, amla & salt tied in muslin, for 4-5 whistles. Drain.
- Puree 3 tomatoes.
- Heat oil. Sauté jeera, green chillies, onion, ginger-garlic paste and pureed tomatoes.
- Add garam masala, jeera, dhania, chilli and anar powders. Add channa.
- Heat oil and add 1 chopped tomato. Then add to channa mixture.
- Cover and keep for 5 minutes.
- Garnish with coriander.
- Serve with puris.

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BWC believes humans have no right, whatever the end, to exploit or kill creatures (big and small) in the name of food, science, services, exhibition, fashion, religion, entertainment or for any other reason: reverence for all life must be considered fundamentally right.

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