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 our being created in God’s image and given dominion over the earth justifies absolute dominion over other creatures.”

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Three Beans Veg Cutlet
6 Cutlets

Ingredients:
1 cup mixed beans (kabuli channa/chickpeas/rajma/chawli), soaked overnight and boiled
1 ½ cup mixed vegetables (carrot, green beans, sweet corn), finely chopped
3 potatoes, boiled
2 teaspoons garlic & ginger, grated
1 onion, finely chopped
2 green chillies, finely chopped
2 tablespoons coriander leaves, chopped
2 tablespoons mint leaves, chopped
1 teaspoon garam masala powder
1 teaspoon black pepper powder
Salt, to taste

Preparation:
Wash & soak the rice for 10 minutes. Keep aside.
Heat 2 teaspoons of oil in a pressure cooker, add cumin seeds, whole peppercorns and fry till they crackle.
Add hing, onions & sauté, add spinach & sprouts and rice add them.
Add 4 cups of water, season with salt, garam masala and pressure cook the khichdi for 3 to 4 whistles.
Add 2 cups of water, season with salt, garam masala and pressure cook the khichdi for 3 to 4 whistles.
Gradually add jaggery powder, coconut & cardamom.
Make lemon sized balls from dal mixture.
Dip each dal balls into the batter and fry till golden.
Serve hot with rice chaklis.

Matki, Palak & Pudina Khichdi
Serves 4

Ingredients:
¾ cup rice
4 teaspoons oil
1 teaspoon cumin seeds
2 teaspoons mustard seeds
1 ½ teaspoon hing
1 onion, finely chopped
1 ½ teaspoon turmeric powder
1 ½ teaspoon garam masala powder
1 ½ teaspoon black pepper powder
Salt, to taste
4 cloves garlic, finely chopped for garnish

Preparation:
Wash & soak the rice for 10 minutes. Keep aside.
Heat 1 teaspoon of oil in a pressure cooker, add cumin seeds, whole peppercorns and fry till they crackle.
Add hing, onions & sauté, add spinach & sprouts and rice add them.
Add 4 cups of water, season with salt, garam masala and pressure cook the khichdi for 3 to 4 whistles.
Add 2 cups of water, season with salt, garam masala and pressure cook the khichdi for 3 to 4 whistles.
Gradually add jaggery powder, coconut & cardamom.
Make lemon sized balls from dal mixture.
Dip each dal balls into the batter and fry till golden.
Serve hot with rice chaklis.

Susiyam
10-15 pieces

Ingredients:
250 grams chickpeas/chana dal
250 grams jaggery/gur powder
¾ cup coconut grated
3 cardamom/elaichi/pods, coarsely ground
1 ½ cup flour/maida or rice flour
Water

Preparation:
Soak chana dal overnight.
Heat oil.
Drain excess oil. Or else use an air fryer.
Make a runny batter of the flour and water.
Make lemon sized balls from dal mixture.
Add jaggery powder, coconut & cardamom.
Heat oil.
Dip each dal balls into the batter and fry till golden.
Serve hot with rice chaklis.

Kaju Semolina Cake
10 slices

Ingredients:
1 tablespoon olive oil
250 grams fine semolina/rava
4 glasses water
250 grams chickpeas/chana dal
250 grams fine semolina/rava
2 glasses water
100 grams sugar
50 grams cashews/kaju powder
5 drops vanilla essence
50 grams cashews/kaju split in halves

Preparation:
Heat oil. Roast sooji till light brown.
Boil water with sugar and after it has melted add cardamom powder, vanilla essence and kaju powder.
Gradually add sooji and keep stirring so its consistency is smooth and semi solid.
Transfer to a glass dish or pan/thali and spread evenly on top. Cool.
Garnish with kaju halves.

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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.

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Beauty Without Cruelty 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
Curried Apple & Celery Soup
Serves 4

Ingredients:
- 2 stalks celery, roughly chopped
- 2 apples, peeled & chopped
- ½ cup coconut milk
- 1 cup vegetable stock
- ½ teaspoon curry leaves
- 2 sprigs curry leaves
- 1 teaspoon black pepper powder
- 2 teaspoons tandoori masala
- 2 green chillies
- Salt, to taste
- ½ teaspoon salt
- 1 teaspoon coriander leaves
- 2 green chillies
- ¼ cup onion, chopped
- 1 inch ginger, grated
- 2 tablespoons lime juice
- 1 tablespoon soy sauce
- 1 inch garlic, grated
- 1 teaspoon red chilli powder
- 1 teaspoon cumin powder
- 1 teaspoon coriander leaves
- 2 sprigs curry leaves
- 2 cloves

Preparation:
- Then add mushrooms in the batter & keep aside.
- Heat oil in a fry pan. Shallow/Air fry idli pieces for a few minutes till crisp. Keep aside.
- Drain and keep them aside.
- In the same pan add little oil again and add tofu. Stir fry till brown, turn off the heat and add lime juice and toss.
- In a salad bowl add sprouts, tofu, vegetables, green and sweet chutneys, lime juice and again dry masala. Mix well.
- Arrange lettuce leaves on a platter and place the salad on them.
- Serve with brown rice.

Mushroom 65
Serves 4

Ingredients:
- 4 tablespoons oil
- 5 idlis cut into 6-7 pieces
- 1 onion
- 1 capsule
- 1 teaspoon ginger, grated
- 2 sprigs curry leaves
- 1 teaspoon black pepper powder
- 2 teaspoons tandoori masala
- 1 teaspoon coriander leaves, finely chopped
- Salt, to taste
- 1 tablespoon tamarind paste
- 2 sprigs curry leaves
- 2 cloves
- 1 teaspoon tandoori masala powder
- 2 teaspoons sweet chutney
- Salt to taste
- Pomegranate, sev & lettuce for garnish

Preparation:
- Make a thick batter by combining cornflour, maida, salt and little water in a mixing bowl.
- Then add mushrooms in the batter & keep aside.
- Heat oil in a kadai. Add few mushrooms at a time and deep fry them until browned and crisp. Keep aside.
- Heat oil in a kadai. Add few mushrooms at a time and deep fry them until browned and crisp. Keep aside.
- Heat half the oil in a fry pan. Shallow/Air fry idli pieces for a few minutes till crisp. Keep aside.
- Drain and keep them aside.
- In another kadai, heat a tablespoon oil. Add ginger, garlic, green chilies and curry leaves. Sauté.
- Add fried mushrooms, black pepper powder and tandoori masala powder. Stir fry until mushrooms get well coated.
- Check seasoning and garnish with coriander.

Idli Manchurian
Serves 4

Ingredients:
- 2 tablespoons oil
- 5 idlis cut into 6-7 pieces
- 1 onion
- 1 capsule
- 1 teaspoon ginger, grated
- 2 sprigs curry leaves
- 1 teaspoon black pepper powder
- 2 teaspoons tandoori masala
- 1 teaspoon coriander leaves, finely chopped
- Salt, to taste
- 1 tablespoon tamarind paste
- 2 sprigs curry leaves
- 2 cloves
- 1 teaspoon tandoori masala powder
- 2 teaspoons sweet chutney
- Salt to taste
- Pomegranate, sev & lettuce for garnish

Preparation:
- Heat half the oil in a fry pan. Shallow/Air fry idli pieces for a few minutes till crisp. Keep aside.
- Drain and keep them aside.
- In another kadai, heat a tablespoon oil. Add ginger, garlic, green chilies and curry leaves. Sauté.
- Add fried mushrooms, black pepper powder and tandoori masala powder. Stir fry until mushrooms get well coated.
- Check seasoning and garnish with coriander.

Moong Beans & Tofu Salad
Serves 4

Ingredients:
- 1 cup green moong sprouts
- ½ cup tofu, cubed
- 1 tablespoon lemon juice
- ½ teaspoon each of chaat masala, cumin, coriander and red chilli powder
- ½ cup sweet potatoes, boiled and cubed
- 1 cup vegetable stock
- 1 teaspoon salt
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 sprig curry leaves
- Red chilli powder, to taste
- 3 tablespoons oil
- ½ teaspoon tamarind seeds
- 2 sprigs curry leaves
- 3 cloves
- 1 inch cinnamon stick
- 1 teaspoon each of sweet chutney, green chutney
- Salt to taste
- Pomegranate, sev & lettuce for garnish

Preparation:
- Whisk together, besan, coconut milk, ginger, coriander powder, red chilli powder and salt.
- Add 2 cups of water, whisk again and keep aside.
- Heat oil in a pan, add cumin, curry leaves, cloves, cinnamon, capsicum and cauliflower. Sprinkle some salt and water. Cover the pan.
- Roast lightly until cauliflower is tender & cooked.
- Add coconut milk mixture and stir well.
- Keep stirring on medium heat until it thickens. Check the seasoning.
- Serve with brown rice.

Cauliflower Coconut Milk Curry
Serves 4

Ingredients:
- 2 teaspoons oil
- 1 cup green moong sprouts
- ½ cup tofu, cubed
- 1 tablespoon lemon juice
- ½ teaspoon each of chaat masala, cumin, coriander and red chilli powder
- ½ cup sweet potatoes, boiled and cubed
- 1 cup vegetable stock
- 1 teaspoon salt
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 sprig curry leaves
- Red chilli powder, to taste
- 3 tablespoons oil
- ½ teaspoon tamarind seeds
- 2 sprigs curry leaves
- 3 cloves
- 1 inch cinnamon stick
- 1 teaspoon each of sweet chutney, green chutney
- Salt to taste
- Pomegranate, sev & lettuce for garnish

Preparation:
- Heat half the oil in a fry pan. Shallow/Air fry idli pieces for a few minutes till crisp. Keep aside.
- Drain and keep them aside.
- In another kadai, heat a tablespoon oil. Add ginger, garlic, green chilies and curry leaves. Sauté.
- Add fried mushrooms, black pepper powder and tandoori masala powder. Stir fry until mushrooms get well coated.
- Check seasoning and garnish with coriander.

Cauliflower Coconut Milk Curry
Serves 4

Ingredients:
- 2 teaspoons oil
- 1 cup green moong sprouts
- ½ cup tofu, cubed
- 1 tablespoon lemon juice
- ½ teaspoon each of chaat masala, cumin, coriander and red chilli powder
- ½ cup sweet potatoes, boiled and cubed
- 1 cup vegetable stock
- 1 teaspoon salt
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 sprig curry leaves
- Red chilli powder, to taste
- 3 tablespoons oil
- ½ teaspoon tamarind seeds
- 2 sprigs curry leaves
- 3 cloves
- 1 inch cinnamon stick
- 1 teaspoon each of sweet chutney, green chutney
- Salt to taste
- Pomegranate, sev & lettuce for garnish

Preparation:
- Whisk together, besan, coconut milk, ginger, coriander powder, red chilli powder and salt.
- Add 2 cups of water, whisk again and keep aside.
- Heat oil in a pan, add cumin, curry leaves, cloves, cinnamon, capsicum and cauliflower. Sprinkle some salt and water. Cover the pan.
- Roast lightly until cauliflower is tender & cooked.
- Add coconut milk mixture and stir well.
- Keep stirring on medium heat until it thickens. Check the seasoning.
- Serve with brown rice.

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