“If you have men who will exclude any of God’s creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men.”
— St. Francis of Assisi

During a public audience in 1990, Pope John Paul II reminded listeners that “also the animals possess a soul and men must love and feel solidarity with our smaller brethren,” that they are the “fruit of the creative action of the Holy Spirit and merit respect, and that they are as near to God as men are.”

### 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.

#### Baingan/Tomato/Aloo Chokha

**serves 3**

**Ingredients:**
- 2 large baingans or tomatoes or alocos/potatoes
- 1 cup onions, chopped
- 1 teaspoon green chillies, chopped
- 1 teaspoon garlic, chopped
- 3 tablespoons coriander leaves, chopped
- 2 teaspoons mustard oil
- 1 teaspoon lemon juice

**Salt to taste**

**Preparation:**
For baingan chokha: Rinse the baingans in water. Hold them directly over the stove and keep turning every 2 minutes on the flame, so that they get evenly roasted. Immerse them in a bowl of water till cool. Then peel and chop. Transfer to a mixing bowl.

For tomato aloo chokha: Rinse tomatoes in water. Heat oil. Sauté ginger-garlic paste.

**Ingredients:**
- 1 cup black rice
- 3 cups water
- 2 cups coconut milk
- 1 cup black rice

**Preparation:**
Boil 3 cups water. Add drained rice and salt to it. Cook on medium flame till the rice is done. Wait till the rice absorbs all the coconut milk. Mix in between if necessary. Serve with fresh fruits or dal.

#### Black Rice

**serves 4**

**Ingredients:**
- 1 cup black rice
- 3 cups water
- 2 cups coconut milk
- 2 teaspoons ginger-garlic paste
- 2 teaspoons oil

**Salt to taste**

**Preparation:**
Transfer to a mixing bowl.

#### Dry Fruit Ladoo

**serves 25 pieces**

**Ingredients:**
- 100 grams each of pistachios, walnuts, almonds and cashews
- 20 grams each of flax and khus khus
- ½ teaspoon methi seeds
- 2 pinch of coconut powder
- 100 grams deseeded dates
- 40 ml date syrup
- 50 grams almond powder

**Preparation:**
Roast separately pistachios, walnuts, almonds and cashews for 2 minutes on a slow flame. Then pound coarsely.

Roast flax and khus khus. Lastly roast methi seeds and grind into a powder.

Mix all the above ingredients including elachi powder.

Mix deseeded dates and date syrup and add to the mixture. Make ladoos. Roll each ladoo in almond powder.

#### Sweet Pumpkin Pooris

**serves 30 pooris**

**Ingredients:**
- 2 cups pumpkin, peeled & finely chopped
- 3 cups whole wheat flour
- 2 teaspoons oil
- 60 grams grated jaggery
- 3 cups water
- 1 pinch baking soda
- 2 tablespoons oil

**Salt to taste**

**Preparation:**
Add 4 cups water to the pumpkin and pressure cook for 3 whistles. Cool.

Drain and retain water.

Mix pumpkin and jaggery. Add all other ingredients including the drained water if needed and knead. Cover dough with a muslin cloth for 20 minutes.

Divide dough into small balls and roll out into thin discs of 2” diameter.

Mix sweater oil and air fry.

#### Beauty Without Cruelty

Beauty Without Cruelty is happy to present a small selection of tasty and easy to make recipes for the benefit of non-vegetarians who sometimes 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/Recipe/VeganFood.html

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**Spring Onion Soup**  
**serves 2**

**Ingredients:**  
- 2 tablespoons olive oil  
- 2 garlic cloves, peeled & chopped  
- 5 cups spring onions, chopped  
- 1 potato, peeled & chopped  
- ¾ teaspoon black pepper powder  
- 3 cups water (or veg stock)  
- ⅛ teaspoon soy sauce (optional)  
- ⅛ teaspoon oregano

**Preparation:**  
- Soak in water and leave overnight to ferment.  
- In the next morning drain the excess water and grind well.  
- Heat oil and add finely chopped green chillies, curry patta and dried red chillies.  
- Pour into bowl and mix.  
- Heat oil. Add coriander seeds, red chili, mango powder and water.  
- Stir gently and cook for 1 minute only.  
- Add ground coconut, chilies, jeera and water paste and salt.  
- Cook for another 5 minutes stirring in between and if needed add some water.  
- For tadka fry rai, urad dal, hing and curry patta in oil.  
- Pour over the cabbage kootu and cover for 5 minutes.  
- Garnish with coriander leaves and serve with steamed rice.

**Fermented Rice Balls**  
**15 pieces**

**Ingredients:**  
- 200 grams urad dal  
- ⅛ teaspoon mustard seeds  
- 500 grams rice  
- 2 small onions  
- 4 green chillies  
- 20 curry patta  
- Water as required  
- Salt as required  
- 4 teaspoons refined oil  
- ½ teaspoon red chillies  
- 2 tablespoons coriander leaves, chopped

**Preparation:**  
- Mix urad dal, methi seeds and rice along with a little salt.  
- Soak in water and leave overnight to ferment.  
- Next morning drain the excess water and grind well. Add a teaspoon of water to form a smooth batter and transfer to a bowl.  
- Heat oil and add finely chopped curry patta, onions, green chillies, also add jeera and rai and saute. Pour into bowl and mix.  
- In a thick bottomed pot mix moong dal, cabbage, halid and water.  
- Add ground coconut, chilies, jeera and water paste and salt.  
- Cook for another 5 minutes stirring in between and if needed add some water. For tadka fry rai, urad dal, hing and curry patta in oil. Pour over the cabbage kootu and cover for 5 minutes. Garnish with coriander leaves and serve with steamed rice.

**Kela Ki Sabji**  
**serves 3**

**Ingredients:**  
- ¼ cup moong dal/  
- 3 cups chopped cabbage  
- ¼ teaspoon haldi/  
- 3 cups water  
- ⅛ cup grated coconut  
- 2 green chilies  
- 1 teaspoon coriander seeds  
- 1 bowl coriander leaves, chopped

**Preparation:**  
- Heat oil. Add rai and let it splutter followed by jeera, red til, coriander seeds, methi seeds, hing and dried red chillies. In another pan heat oil and tomatoes till mushy. Add haldi. Cool. Blend the two along with chopped coriander leaves. Add salt. Temper with rai, urad and chana dal, hing and curry patta. Note: The red variety of til and jeera makes the chutney high in iron and tomato aids in its absorption.

**Cabbage Kootu**  
**serves 4**

**Ingredients:**  
- 1 teaspoon rai  
- 1 tablespoon red rai  
- 1 teaspoon coriander seeds  
- 2 pinches of hing  
- 250 grams tomatoes, chopped  
- ½ teaspoon haldi  
- 1 bowl coriander leaves, chopped

**Preparation:**  
- Heat oil. Add rai and let it splutter followed by jeera, red til, coriander seeds, methi seeds, hing and dried red chillies. In another pan heat oil and tomatoes till mushy. Add haldi. Cool. Blend the two along with chopped coriander leaves. Add salt. Temper with rai, urad and chana dal, hing and curry patta. Note: The red variety of til and jeera makes the chutney high in iron and tomato aids in its absorption.

**Tomato Chutney**  
**2 bowls**

**Ingredients:**  
- 2 green chillies  
- 1 bowl coriander leaves, chopped

**Preparation:**  
- Heat oil. Add rai and let it splutter followed by jeera, red til, coriander seeds, methi seeds, hing and dried red chillies. In another pan heat oil and tomatoes till mushy. Add haldi. Cool. Blend the two along with chopped coriander leaves. Add salt. Temper with rai, urad and chana dal, hing and curry patta. Note: The red variety of til and jeera makes the chutney high in iron and tomato aids in its absorption.

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**Beauty Without Cruelty**

is a way of life which causes no creature of land, sea or air to suffer, torture or death.

BWWC believes humans have no right, whatever the end, to exploit or kill creatures (big and small) in the name of food, science, service, exhibition, fashion, religion, entertainment or for any other reason: reverence for all life must be considered fundamentally right. No killing, exploiting, abusing, harming, using, adornning, or eating any creature.

Our aims and history of success are worth exploring. Do visit our India website www.bwcindia.org

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