

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."

"Every act of cruelty towards  
any creature is contrary to human dignity."

"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.

## Methi Parathas makes 4



### Ingredients:

1½ cup fenugreek leaves/*methi* chopped  
250 grams millet/*bajra* flour  
100 grams wheat/*gehu* flour  
Salt to taste  
4 green chillies, crushed  
¼ teaspoon turmeric/*haldi*  
¼ teaspoon asafoetida/*hing*  
2 tablespoons oil  
1 teaspoon sesame/*til*

### Preparation:

Wash *methi* and drain.

Mix together flours, *methi*, chillies, turmeric,  
asafoetida, oil and sesame.

Roll out into *parathas* and cook both sides on  
a *tawa*.

Serve hot with green chutney.

## Rajma Shalgam serves 6



### Ingredients:

2 cups *rajma*  
1 kg turnips/*shalgam*  
Salt to taste  
2 litres water  
2 tablespoons fennel/*saunf* powder  
½ teaspoon ginger/*saunth* powder  
3 moti black cardamom/*elaichi*, crushed  
3 tablespoons *sarson*/mustard oil  
2 *elaichi*, crushed  
1 tablespoon cumin/*jeera*  
4-5 cloves/*laung* crushed  
¼ teaspoon asafoetida/*hing*

### Preparation:

Wash and soak *rajma* overnight.

Cut each *shalgum* into 4 pieces.

Pressure cook on high flame *rajma*, *shalgum*, salt,  
water, *saunf*, *saunth*, *elaichi* and 2 tablespoons oil.

Heat remaining 1 tablespoon oil and sauté *elaichi*,  
*jeera*, *laung* and *hing* on low flame stirring  
continuously for ½ minute.

Open cooker. Add sautéed items along with a little  
more water if required, and boil for another  
6-7 minutes. Serve with boiled rice.

## Stuffed Karela serves 4



### Ingredients:

500 grams *karela*/bitter gourd  
2 tablespoons oil  
¾ tablespoon *basen*/*channa atta*  
3 teaspoons *jeera-dhania* powder  
2 teaspoons chilli powder  
¼ teaspoon turmeric/*haldi* powder  
1 tablespoon jaggery/*gur*  
Salt to taste  
½ tablespoon *garam masala*  
3 tablespoons crushed groundnuts/*moongphalee*  
Oil, *rai* and *hing* for *tadka*  
Coriander leaves/*kuthmir* for garnish

### Preparation:

Peel *karelas* and cut into half and split.  
Pressure cook with little water for one whistle.

Heat oil and sauté *basen* till golden brown.  
Cool. Mix with *jeera-dhania*, chilli & *haldi* powders,  
*gur*, salt, *garam masala* and *moongphalee*.

Stuff the mixture in the *karelas*.

Prepare *tadka*. Add stuffed *karelas*. Cook till done.

Garnish with chopped *kuthmir*.

Serve with *roti*/*chappati*.

## Banana Cake serves 10



### Ingredients:

1½ cups very ripe bananas, mashed smooth  
2 heaped tablespoons ground flaxseed  
½ cup unflavoured almond/soy milk  
½ cup melted coconut oil  
2 tablespoons date/maple syrup  
2 teaspoons vanilla extract  
½ cup sugar  
½ cup rolled oats  
½ teaspoon baking powder  
½ teaspoon salt  
1½ cups whole wheat flour  
Sliced banana and walnuts for decoration

### Preparation:

Preheat oven to 350°F.

Mix thoroughly banana, flaxseed, almond/soy milk,  
coconut oil, date/maple syrup and vanilla extract.

One by one stir in the rest of the ingredients  
till smooth.

Spoon the dough into a greased (with coconut oil)  
baking pan and spread evenly.

Press down banana slices and walnuts on top.

Bake uncovered for about 50 minutes.

Cool. Slide knife around the sides of the  
pan and remove.

# Veg @ Lent

2018



## 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  
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[www.bwcindia.org/Web/Recipes/VeganFood.html](http://www.bwcindia.org/Web/Recipes/VeganFood.html)



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## Koru Nu Doru serves 4



### Ingredients:

½ kg red pumpkin/*lal kaddu*  
Salt to taste  
2 onions, chopped  
1-2 tablespoon oil  
½ teaspoon chilli powder  
½ teaspoon *dhania-jeera* powder  
½ teaspoon turmeric powder/*haldi*  
1 to 3 green chillies, slit  
1 tablespoon vinegar  
½ teaspoon sugar  
1 tablespoon coriander leaves/*kuthmir* for garnish

### Preparation:

Cut pumpkin in small pieces.  
Add water and salt. Pressure cook for 5 minutes.  
Keep aside.  
Heat oil and fry onions.  
Add chilli powder, *dhania-jeera* powder, *haldi* and green chillies  
Add cooked pumpkin and little water. Simmer.  
Before removing from stove add vinegar and sugar.  
Garnish with chopped coriander leaves.  
Serve with *phulka*.

## Di San Xian serves 4



### Ingredients:

2 tablespoons soy sauce  
1 teaspoon brown sugar  
2 tablespoons corn flour (divided into 2)  
Salt to taste  
3 potatoes, peeled & cut into half-inch cubes  
3 capsicums, cut into half-inch cubes  
1 large brinjal, cut into half-inch cubes  
Peanut oil for deep frying  
1 teaspoon red chilli powder  
4 cloves garlic, crushed  
1 large spring onion with stalks, chopped fine

### Preparation:

Put soy sauce, brown sugar, 1 tablespoon corn flour and salt in a bowl and set aside.  
Heat oil and on medium flame deep fry one at a time potatoes, capsicums & brinjal pieces which have been lightly coated with 1 tablespoon corn flour. Keep aside.  
Sauté chilli powder, garlic and green onion for a minute.  
Return the potatoes, capsicums and brinjal to the pan and continue stir frying for another minute.  
Pour soy sauce mixture and stir fry for half a minute more. Serve with or without steamed rice.

## Carrot & Cashew Paté makes a bowl



### Ingredients:

2 big red carrots  
10 cashews nuts  
1 teaspoon garlic paste  
½ teaspoon chilli powder  
Salt to taste

### Preparation:

Grate carrots and grind cashew nuts.  
Mix together and heat in a pan along with garlic, chilli powder and salt.  
Serve as a sandwich/wrap filler.

## Tomato Rice serves 2



### Ingredients:

1 cup rice  
3 tablespoons oil  
1 teaspoon mustard seeds  
¼ cup raw peanuts, shelled  
1½ cup tomatoes, chopped  
1 green chilli, chopped  
¼ teaspoon turmeric powder  
3 teaspoons sambhar powder  
Salt to taste  
¼ cup coriander leaves, chopped  
2 cups of water

### Preparation:

Wash and soak rice in water for at least 15 minutes. Drain and set aside.  
Heat oil, add mustards seeds, then add peanuts. Sauté for 1 minute until peanuts are golden brown.  
Add 1 cup chopped tomatoes, green chilli, turmeric, sambar powder, salt & coriander leaves and sauté until tomatoes are tender.  
Add rice along with 2 cups water and bring to boil, lower heat and cover pan. Cook for 20 minutes until rice is soft and water evaporates.  
Stir the rice gently, add the remaining tomatoes, cover again and let it cook for 2 more minutes.  
Serve with *papad*.

## Special Limbu Pani makes 4 glasses



### Ingredients:

4 glasses water  
8 tablespoons toasted gram flour/*sattu*  
4 tablespoons powdered jaggery/*gur*  
2 tablespoons lemon juice or as desired  
Salt to taste  
Crushed and whole ice cubes as required

### Preparation:

Heat water mixed with *sattu* and *gur*.  
Add lemon juice and salt.  
Immediately add ice cubes.  
Taste and add more lemon if required.  
Stir well before drinking.



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

BWC 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,  
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