

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.

## Karuveppilai Thuvayal

1 Bowl

### Ingredients:

1 cup tightly packed curry leaves without twigs  
2 tablespoons white sesame/*til*  
1 teaspoon red chilli seeds (optional)  
2 tablespoons jaggery/*gur*  
2 tablespoons tamarind/*imli*  
4 tablespoons fresh coconut, grated  
Salt to taste

### Preparation:

Wash curry leaves and keep aside.

Dry roast the sesame and chilli seeds.

Mix with washed curry leaves, jaggery,  
tamarind and coconut.

Using little water, grind in mixer to a smooth paste.

Serve as a spread with *papad* or with  
any thing else.



## Vaal Dal Shakarakand

Serves 4

### Ingredients:

1 cup field beans/*vaal dal*  
1 tablespoon oil  
1 teaspoon mustard seeds/*rai*  
1 spring curry leaves/*patta*  
1 onion, chopped  
1 teaspoon *garam masala*  
1 teaspoon ginger-garlic paste  
2 big sweet potatoes, peeled & cut in large pieces  
1 lemon, juiced  
2 tablespoons coriander leaves/*kuthmir*, chopped

### Preparation:

Boil *vaal dal* with water till mushy. Mash smooth  
and keep aside.

Heat oil and fry mustard seeds, curry leaves and  
onion followed by *garam masala* and  
ginger-garlic paste.

Add sweet potatoes. Cook till they soften.

Add boiled *vaal dal*, salt with some water.  
Cover and simmer.

Add lemon juice just before serving and garnish  
with coriander leaves.

Serve with rice or *rotis*.



## Moong Dal Ki Chaat

Serves 4

### Ingredients:

½ cup yellow moong *dal*  
3 cups water  
Salt to taste  
½ cup grated carrot  
½ cup pomegranate/*anar*  
½ cup chopped green tops of spring onions  
¼ cup chopped raw mangoes  
2 tbsps finely chopped mint leaves/*phudina*  
2 tbsps finely chopped coriander leaves/*kuthmir*  
2 tsps finely chopped green chillies  
1 tsp *chat masala*  
4 tsps lemon juice

### Preparation:

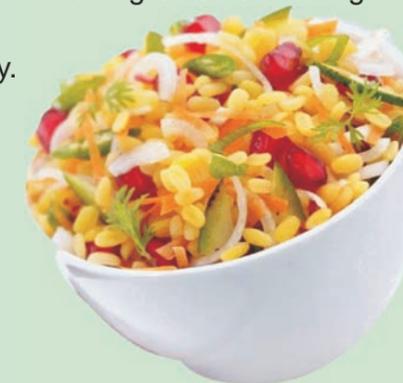
Soak the moong *dal* for ½ an hour. Drain.

Add 3 cups of water and salt to the moong *dal* and  
cook on medium heat till half-done. The *dal* grains  
should be visible.

Strain *dal* and cool for 10 minutes.

Mix well with all the other ingredients in a large  
bowl.

Serve immediately.



## Beetroot Soup

Serves 6

### Ingredients:

1 onion  
500 grams raw beetroot, peeled  
1 small red pepper/capsicum  
100 grams mushrooms  
1 green apple, chopped  
2 tablespoons olive oil  
2 litres water  
½ teaspoon thyme  
salt and pepper to taste

### Preparation:

Chop into small pieces onion, beetroot, pepper,  
mushrooms and apple and place in pan with oil,  
and little water.

Cover and cook on a low flame for 15 minutes.  
Shake the pan now and then.

Add thyme, pepper and salt along with the  
balance of the water and bring to a quick  
boil on a high flame.

Cover pan and simmer on a low flame  
for 30 minutes.

Strain and keep aside.

Blend the solids in a mixer till smooth.  
Add this puree to the liquid kept aside and reheat.

Add salt and pepper again if required.

Serve with soup sticks or croutons.



# Veg @ Lent 2017

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



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## Beauty Without Cruelty INDIA

An International Educational Charitable Trust For Animal Rights

4 Prince of Wales Drive, Wanowrie, Pune 411 040.

Tel: +91 20 2686 1166 Fax: +91 20 2686 1420

[admin@bwcindia.org](mailto:admin@bwcindia.org)

## French Beans Foogath

Serves 4

### Ingredients:

¾ cup yellow split *chana dal*  
1 tablespoon oil  
1 teaspoon *urad dal*  
10-12 curry leaves/*patta*  
Pinch of *asafoetida/hing*  
½ teaspoon turmeric/*haldi* powder  
½ teaspoon red chilli powder  
2 cups chopped French beans  
Salt to taste  
½ cup fresh grated coconut  
Coriander leaves/*kuthmir* for garnish

### Preparation:

Soak *chana dal* in water for 3 hours. Drain and keep aside.

Heat oil. Sauté *urad dal* followed by *curry* leaves, *hing*, *haldi* and chilli powders.

Add French beans and then *chana dal*. Also add about ¼ cup water and salt. Cover pan and let simmer till done.

Stir in coconut on a high flame.

Garnish with chopped coriander.

Serve with *phulka*.



## Green Brinjal Curry

Serves 2

### Ingredients:

½ bunch fresh coriander leaves/*kuthmir*  
4 green chillies  
½ bulb garlic  
1 tablespoon oil  
1 onion, chopped  
6 medium-sized brinjals  
1 coconut  
Salt



### Preparation:

Grind coriander, chillies and garlic.

Heat oil and fry onion till golden brown. Add ground items.

Add brinjals that have been sliced round and shallow-fried.

Add coconut milk.  
(Shred coconut, steep in hot water, strain to extract 1½ to 2 cups coconut milk.)

Add salt and let simmer for a while.

Serve with boiled rice and *papad*.

## Dates and Sesame Laddoos

10 Pieces

### Ingredients:

2 cups white sesame seeds  
1½ cup chopped dates  
1 cup dry grated coconut  
¼ cup coconut powder

### Preparation:

Finely chop deseeded dates.

Dry roast sesame on medium flame till light golden. Cool.

Add coconut. Mix and grind coarsely.

Knead with dates and form into balls.

Roll in coconut powder.



## Coconut Chhaas

Serves 2

### Ingredients:

2 coconuts  
1 teaspoon oil  
½ teaspoon cumin seeds/*jeera*  
2 green chopped chillies  
1 sprig *curry* leaves  
1 tablespoon finely chopped coriander leaves/*kuthmir*  
1 lime or less  
Salt



### Preparation:

Shred coconuts, steep in 2 cups hot water, strain to extract 2 cups coconut milk.

Add 2 cups water to make it thin.

Fry *jeera* in 1 teaspoon oil. Upon spluttering, add chopped green chillies, and *curry* leaves.

Add coconut water. Mix well.

Add coriander leaves, lime juice and salt as per taste.

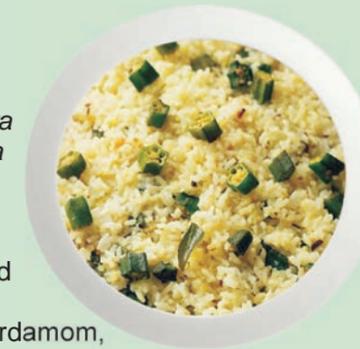
Serve cold.

## Bhindi Rice

Serves 2

### Ingredients:

1 cup basmati rice  
½ tsp cumin seeds/*jeera*  
1 small bay leaf/*tejpatta*  
4 cups water  
2 tbsps oil  
½ tsp mustard seeds  
2 onions, finely chopped  
4 tbsps ginger, garlic, fennel seeds/*saunf*, cardamom, cloves & cinnamon, ground  
1 spring *curry* leaves  
1 green chilli, chopped  
1 tomato, chopped  
¼ tsp turmeric/*haldi* powder  
¼ tsp red chilli powder  
250 grams okra/*bhindi*, cut round  
½ tsp coriander leaves/*kuthmir*, chopped  
Salt



### Preparation:

Soak rice for 30 minutes. On a full flame, heat water. Add cumin seeds, bay leaf and salt. Boil.

Add rice and lightly stir. Cook rice completely, strain and keep aside.

Heat oil, add mustard seeds and chopped onions. Sauté till translucent. Add ground items, *curry* leaves, green chilli and fry for 2 minutes. Add chopped tomatoes and sauté for 3 to 4 minutes on a low flame. Then add turmeric and red chilli powder. Add *bhindi* and salt, and sauté till the *bhindi* is cooked well.

Add cooked rice, switch off the flame and mix well.

Serve with *dal*.



Beauty Without Cruelty  
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,  
using, adorning, or eating any creature.

Our aims and history  
of success are worth exploring.

Do visit our  
Beauty Without Cruelty - India website  
[www.bwcindia.org](http://www.bwcindia.org)

If you wish to participate  
in furthering our cause  
in your area, please write to  
[admin@bwcindia.org](mailto:admin@bwcindia.org)