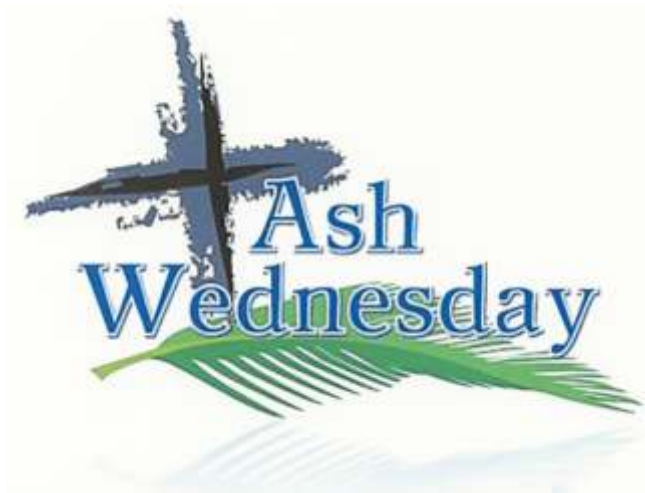


Pope Francis to 'every person on Earth':
"Be kind to animals. Every act of cruelty towards any creature is contrary to human dignity. When our hearts are authentically open to universal communion, this sense of fraternity excludes nothing and no one. It follows that our indifference or cruelty towards fellow creatures of this world sooner or later affects the treatment we mete out to other human beings."



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.

Ragi Soup serves 4



Ingredients:

4 tablespoons ragi flour
 1 cup water (to make ragi slurry)
 4 teaspoons olive oil
 4 teaspoons ginger & garlic, minced
 2 green chillies, chopped
 2 small onions, chopped
 2 cups mixed veggies (carrot, beans, bell pepper, peas)
 ½ teaspoon turmeric powder
 1 teaspoon cumin powder
 Salt, pepper & lemon juice to taste
 2 cups vegetable broth
 4 tablespoons coriander leaves

Preparation:

Add ragi flour to 1 cup of water, ensure there are no lumps. Keep it aside.

Heat olive oil. Add minced ginger, garlic, and green chillies. Sauté and then add onions. After 1 minute add mixed veggies. Sauté until crisp.

Then add turmeric and cumin powder, salt and pepper. Sauté.

Add vegetable broth and bring it to a gentle boil.

Next, add the ragi slurry and keep stirring constantly to avoid lumps. Reduce the heat to low and let the ragi soup simmer for about 4-5 minutes. Adjust the seasoning with lemon juice.

Garnish with coriander leaves.

Peanut Multigrain Pakodas serves 2



Ingredients:

2 cups peanut grounds
 2 tablespoons gram flour
 3 tablespoons ragi flour
 2 tablespoons bajra flour
 2 tablespoons kasuri methi
 2 medium potatoes boiled, peeled and mashed
 1 onion, finely chopped
 Coriander leaves, finely chopped
 ½ teaspoon chilli powder
 3 teaspoons carom seeds
 Salt to taste
 Oil - for deep frying

Preparation:

Mix all the ingredients except oil to form a dough. Make balls and deep fry.

Serve hot with tamarind dates chutney.

<https://www.youtube.com/watch?v=nnFtgaSjrYE>
Peanut grounds or peanut milk pulp is the leftovers of peanuts once the milk has been extracted from them. You can use the grounds to make these healthy, tasty pakodas.

Tamarind Dates Chutney



Ingredients:

200 grams tamarind
 1 tablespoon oil
 2 teaspoons carom seeds
 1 teaspoon cumin seeds
 15 seedless dates
 Salt to taste
 1 teaspoon chilli powder
 2 teaspoons jaggery powder

Preparation:

Peel, remove seeds and soak tamarind pulp in enough water for 3-4 hours. Extract juice.

Heat oil in a *kadai*, add carom seeds and cumin seeds. Allow them to spurt.

Add dates, tamarind extract, salt, chilli powder and jaggery powder.

Cover and cook till dates are soft. With a masher pulp the dates. Simmer the chutney till it thickens. Chutney should neither be too runny nor too thick.

Serve chutney with pakodas.

Tofu Bhurji serves 2

Ingredients:

200 grams firm tofu
 1 tablespoon oil
 ½ teaspoon cumin seeds
 1 teaspoon ginger, grated
 2 green chillies, finely chopped
 1 medium onion & tomato, finely chopped
 1 cup colored bell peppers, diced
 ½ teaspoon turmeric powder
 ¼ teaspoon red chilli powder
 ½ teaspoon garam masala powder
 salt & lime juice to taste
 2 tablespoons coriander leaves, chopped



Preparation:

Press tofu under a heavy object for 15-20 minutes to drain the water.

Crumble the tofu gently with your fingers and keep aside.

Heat oil. Add cumin seeds and let splutter. Next, add ginger and green chillies and sauté.

Then add onions and bell peppers. Sauté for 2-3 minutes.

Add tomatoes, turmeric, red chilli & garam masala powders and salt. Cook for 2-3 minutes till the tomatoes are soft and mushy.

Then add tofu, mix well and cook covered on medium low heat.

Add lime juice and garnish with coriander leaves.



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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

Brown Rice Dhokla

serves 8



Ingredients:

1 cup brown rice
1 cup white rice
¾ cup *udad dal*
¼ cup *channa dal*
5 green chillies, minced
250 grams of silken soft tofu
¼ cup lemon juice
Salt to taste
½ teaspoon baking soda (fruit salt)
A pinch of cayenne pepper to sprinkle on the *dhokla* (optional)
1 teaspoon oil
3 teaspoon mustard seeds
½ cup coriander leaves finely chopped
¼ cup coconut shredded

Preparation:

Soak rice and all dals together for about 8 hours.

Drain. Blend with water to make a smooth paste.

Add green chillies, tofu, lemon juice, salt & blend further till mixed well. Set aside for 2 hours to ferment.

Grease a baking dish.

Fill 1 inch water in a pan in which the baking dish will fit, and let it boil.

Pour the batter about 1 inch deep in the greased dish. Add baking soda and stir gently, in one direction. The dough will start to bubble and fluff up soon.

Place pan inside the boiling water pan and let simmer. Sprinkle some cayenne pepper. Cover pan with a lid, and let the dhokla steam at least 10-15 minutes or until a toothpick inserted in the centre comes out clean.

Cut into squares after it has cooled.

Heat oil, add mustard seeds and pour over the dhokla pieces.

Garnish with coriander and coconut on top.

Serve warm with coconut or tamarind chutney.

Coconut Green Chutney



Ingredients:

1 large coconut, grated
100 grams coriander leaves with stem
4 green chillies, seeded
1 bunch mint leaves
1 inch piece ginger
6-8 cloves garlic
1 teaspoon cumin powder
½ teaspoon sugar
Juice of 2 limes
Salt to taste

Preparation:

Grind all ingredients together. Mix well and serve.

Neeragaram

serves 4

Ingredients:

1 cup cooked rice
3 cups water
Salt to taste
¼ teaspoon fenugreek/*methi* seeds
10 curry leaves
2 tablespoons coriander leaves, chopped
1 or 2 slices of lime for squeezing
1 or 2 green chillies
1 or 2 onions (optional)



Preparation:

Add 3 cups water, fenugreek seeds and salt (plus 1 whole green chilli and 5 curry leaves if desired for flavour) to the cooked rice.

Keep covered in an earthen vessel at room temperature overnight or for at least 12 hours.

Chill the vessel for half an hour in the fridge after mashing the rice if preferred.

Garnish with coriander and curry leaves.

Additional salt can be added as per taste.

Serve cold. If desired garnish with chopped raw onions and sliced green chillies, with a dash of lime juice, or with pickle.

Ulundhu (Black Gram Balls)

10 Balls

Ingredients:

1½ glass black gram
4 tablespoons raw rice
1½ glass palm jaggery
1 glass water
¼ glass gingelly (sesame) oil



Preparation:

Dry roast black gram and rice in a *kadai* till rice turns light golden brown. Let it cool, then grind it to a powder.

Melt palm jaggery with 1 glass water on low flame. Strain if palm jaggery is muddy. On low flame boil the palm jaggery to a syrup.

When it starts to boil, gradually add the powdered mixture, stirring all the while to make sure there are no lumps.

Begin adding the gingelly oil gradually, stirring all the while.

Continue to stir till the mixture begins to leave sides of the pan.

Allow to cool and make medium sized balls.

Serve with gingelly oil. Garnish with nuts.

Beetroot Paratha

serves 2

Ingredients:

1 medium beetroot
1½ cup whole wheat
2 tablespoon coriander leaves, finely chopped
2 tablespoon pudina, finely chopped
½ teaspoon carrom seeds
½ teaspoon garam masala powder
½ teaspoon turmeric powder
1 teaspoon red chilli powder
½ teaspoon amchur powder
2 tablespoon oil
water to knead the dough
salt to taste



Preparation:

Peel the beetroots, wash & chop them into pieces. Then boil them in a pan with some water. Cover and cook for 5-6 minutes. Once cooled, make a puree.

In a bowl, add wheat flour, pureed beetroot, coriander and pudina leaves, carrom seeds, turmeric, chilli, garam masala & amchur powders, oil and salt. Mix well.

Adding little water, make a smooth dough. Smear little oil on the dough and let it rest for atleast 10-15 mins. Make balls and roll to 3-inch diameter. Then spread little oil, fold from one side, then the other side, covering the previous fold. Again spread oil and sprinkle some wheat flour. Fold again. Then roll it to a slightly thick paratha and roast it on a tawa on both sides by drizzling some oil on top.

Serve with pickle.



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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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