

Veg@Lent

2026



Ash Wednesday
— Lent Begins

*“All creatures are loved by God and worthy of love and respect.
We are creatures among creatures, entrusted with the
responsibility to care for all that the Creator has made.”
- Pope Leo XIV*

WHOLE FOOD PLANT BASED RECIPES FOR LENT

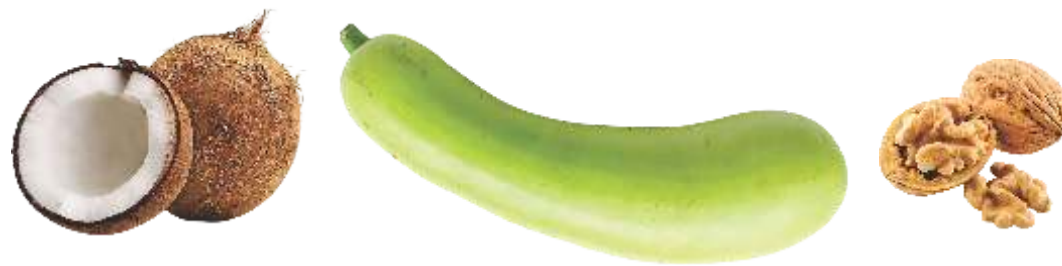
New flavours. Old wisdom. Zero cruelty.

Lent has always been more than abstinence. It is a season of restraint, reflection, and quiet realignment. What we place on our plate during this time matters, because food is never just food. It is habit, memory, and choice. These recipes invite a gentler way of eating, one that reduces harm, strengthens the body, and restores simplicity to the table. They ask for no perfection, only sincerity. May this food nourish the body, calm the mind, and widen the circle of compassion, during Lent and beyond.

These recipes respect Indian palates but step sideways from routine. They do not shout health. They whisper satisfaction. They are written plainly so that anyone, even someone who believes they cannot cook, can follow the steps calmly and succeed. No oil. No refined sugar. Real food, cooked slowly and kindly.

These meals are not substitutes. They are complete in themselves. Texture, warmth, and satisfaction come from patience and combination, not processing. Lent becomes not only a pause from certain foods, but a return to kinder, simpler eating that many may choose to continue long after the season ends.

Bottle Gourd and Walnut Coconut Curry



Ingredients: One medium bottle gourd, peeled and chopped. One small onion, finely chopped. Three cloves garlic, crushed. Half cup fresh grated coconut. Two tablespoons crushed walnuts. Half teaspoon cumin seeds. Black pepper to taste. Salt to taste. Water as needed.

Method: Place a thick bottomed pan on medium heat. Add onion and garlic with two tablespoons water and cook till soft. Add cumin seeds and stir for thirty seconds. Add bottle gourd, salt, and half cup water. Cover and cook till the gourd is very soft. Grind coconut and walnuts with a little water into a smooth paste. Add this paste to the pan and mix well. Simmer uncovered for five to seven minutes till creamy. Adjust salt and pepper. Serve with rice or soft chapati.

Roasted Sweet Corn and Tomato Stew



Ingredients: Two cups fresh corn kernels. Three ripe tomatoes, crushed. One onion, chopped. Three cloves garlic, chopped. One bay leaf. A small pinch cinnamon powder. Salt and black pepper. Lemon juice.

Method: Dry roast corn kernels in a pan till lightly golden. Remove and keep aside. In the same pan add onion and garlic with a few spoons of water and cook till soft. Add tomatoes, bay leaf, cinnamon, salt, and pepper. Cook till tomatoes break down. Add roasted corn and one cup water. Simmer for ten minutes. Finish with lemon juice.

Ash Gourd and Yellow Moong Dal Mash



Ingredients: Two cups ash gourd cubes. Half cup yellow moong dal. One inch ginger, grated. Half teaspoon cumin. Black pepper to taste. Salt to taste. Lemon juice.

Method: Cook ash gourd, dal, ginger, cumin, salt, and two cups water till everything is very soft. Lightly mash using a spoon. Add black pepper and lemon juice. Serve warm with rice or chapati.

Spiced Banana Stem and Lentil Stir Cook



Ingredients: One cup finely chopped banana stem. Half cup masoor dal. Two cloves garlic, crushed. A few curry leaves. Crushed coriander seeds. Black pepper to taste. Salt to taste.

Method: Soak chopped banana stem in water with a little lemon juice for ten minutes. Rinse well. Cook masoor dal separately till soft. In a pan add garlic and curry leaves with a little water. Add banana stem, salt, coriander seeds, and pepper. Cook till tender. Add cooked dal and mix well. Serve hot with rice.

Green Pea and Mint Mash



Ingredients: Two cups green peas. A handful of fresh mint leaves. Two cloves garlic. Black pepper to taste. Salt to taste. Lemon juice.

Method: Cook peas till very soft. Mash with mint, garlic, salt, pepper, and lemon juice. Serve warm with rice or roti.

Papaya and Red Lentil Stew



Ingredients: Two cups raw papaya cubes. Half cup red lentils. One tomato, chopped. Half teaspoon turmeric. Half teaspoon cumin. Salt to taste.

Method: Cook papaya, lentils, tomato, turmeric, cumin, salt, and water together till thick and soft. Stir occasionally. Serve hot.

Recipes kind courtesy Dr Danesh Chinoy, Wellness Strategist and Physiotherapist.

Carrot Greens and Lentil Broth



Ingredients: One cup carrot greens, finely chopped. Half cup moong dal. Two cloves garlic, crushed. Half teaspoon cumin. Black pepper to taste. Salt to taste.

Method: Cook moong dal with garlic, cumin, and water till soft. Add carrot greens and cook for five more minutes. Season with salt and pepper. Lightly mash and serve warm.

Ridge Gourd Seed and Tomato Curry



Ingredients: Seeds from two ridge gourds. Two tomatoes, chopped. Two cloves garlic, crushed. Half teaspoon cumin powder. Half teaspoon coriander powder. Salt to taste.

Method: Cook tomatoes and garlic with spices and water till soft. Add ridge gourd seeds and cook till the curry thickens. Serve with rice or chapati.

Pumpkin and Tamarind Pepper Curry



Ingredients: Two cups pumpkin cubes. Two cloves garlic, crushed. Tamarind water to taste. Black pepper to taste. Salt to taste. Optional small amount of jaggery.

Method: Cook pumpkin with garlic, salt, and water till soft. Add tamarind water and black pepper. Simmer for five minutes. Add a little jaggery only if needed. Serve warm.

Rice and Coconut Milk Savoury Pudding



Ingredients: One cup red rice One cup thin coconut milk One bay leaf Black pepper to taste Salt to taste.

Method: Cook rice with coconut milk, bay leaf, salt, and enough water to make it soft and creamy. Stir occasionally. Finish with black pepper and serve warm.



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