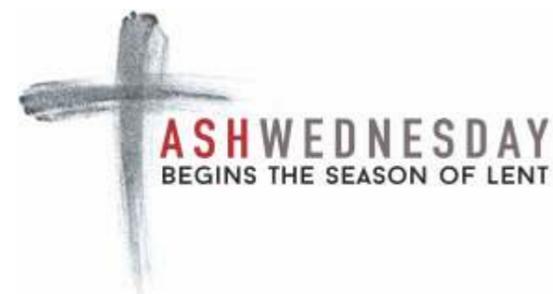


Pope Francis to 'every person on Earth':  
"Be kind to animals"

"One day, we will see our animals  
again in the eternity of Christ.  
Paradise is open to all of God's creatures."

"It is contrary to human dignity  
to cause animals to suffer or die."

"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.

## Goru Chikkudu Kaya Kura

Serves 4

### Ingredients:

300 grams channa dal  
8 green chillies, chopped fine  
½ inch ginger  
500 grams cluster beans/gavaar phalee  
3 tablespoons oil  
¼ teaspoon cumin/jeera  
1 teaspoon urad dal  
4 curry leaves/patta  
¼ teaspoon mustard seeds/rai  
2 dried red chillies  
1 large onion, chopped



### Preparation:

Soak channa dal for 2 hours. Rinse & drain water.

Add green chillies, ginger and a little water.  
Put in a blender to form a fine paste. Keep aside.

String and cut cluster beans. Add water. Boil.  
Drain water. Keep aside.

Heat oil. Sauté jeera, urad dal, curry patta, rai  
and red chillies till they pop.

Add chopped onion and fry for 2 minutes.

Add channa dal mixture & fry for another 3 minutes.

Add cluster beans. Mix well. Stirring continuously,  
continue to cook for 2 more minutes.

Serve with steamed rice or chapati.

### Ingredients:

3 sweet ripe mangoes  
2 cups thick coconut milk  
2 red Kashmiri chillies  
1½ teaspoons mustard seeds/rai  
1 tablespoon oil  
1 sprig curry leaves  
½ teaspoon turmeric  
Pinch of asafoetida/hing  
2 teaspoons grated jaggery  
Salt to taste



### Preparation:

Make two clean cuts on either side of the mango  
seed, then criss-cross cuts in each slice of mango,  
and slide off the skin with the help of a spoon.

Grind together coconut milk, ½ cup of the mango  
flesh, chillies and ½ teaspoon mustard seeds.  
Keep aside.

Heat oil, add remaining mustard seeds,  
curry leaves, turmeric and asafoetida.

Add mangoes, ground paste, a cup of water and  
then jaggery.

Add salt to taste. Simmer until it thickens.

Serve hot with rice.

## Ripe Mango Curry

Serves 4

## Tawa Pulao

Serves 4

### Ingredients:

4 cups rice, cooked  
3 tablespoons oil  
1 teaspoon cumin seeds  
2 teaspoons ginger-garlic paste  
1-2 green chillies, sliced in half  
1 red onion, finely chopped  
1 tomato, chopped  
¼ cup green peas, shelled  
¼ cup carrot, cubed  
2 teaspoons pav bhaji masala  
½ cup green capsicum, chopped  
2 tablespoons chopped coriander  
Lemon  
Salt to taste



### Preparation:

Heat oil, add cumin seeds and let sizzle.

Add ginger garlic paste, sliced green chillies.  
Sauté for 2-3 minutes

Then add onion followed by tomato and  
continue to sauté.

Add salt, pav bhaji masala and mix. Also add  
carrot and green peas. Cook the tawa masala  
for 4-5 minutes till tomatoes are well cooked.

Add rice to the tawa masala and mix well till  
it is well coated with the masala.

Then add capsicum and cook for another  
1-2 minutes. Squeeze in some fresh lemon juice,  
mix and garnish with coriander before serving.

### Dry Ingredients:

2 cups whole wheat flour  
1 cup rice flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
½ teaspoon salt  
2 teaspoons powdered cardamom



### Wet Ingredients:

2 cups very finely grated jaggery  
3 tablespoons flaxmeal  
(powdered flaxseeds whisked  
together with 9 tablespoons water)  
¼ cup apple juice  
½ cup coconut milk  
4 tablespoons coconut oil  
3 cups cucumber peeled, deseeded & grated  
  
¾ cup cashews (lightly toasted)

### Preparation:

Whisk the dry ingredients together in a bowl.  
Keep aside. Mix the wet ingredients in a bigger  
bowl. Add the dry ingredients to the wet & mix  
together.

Pour the batter into a cake pan, smooth on top  
and decorate with cashews.

Bake in a preheated oven at 350 degrees for  
45 minutes, check by pricking a toothpick in the  
center so it comes out clean.

Remove from the oven & unmold after 10 minutes.  
Wait till it cools thoroughly before cutting.

## Cucumber Cake (Indian-Style)

24 Slices

# Veg @ Lent

2021



[www.bwcindia.org](http://www.bwcindia.org)

## Beauty Without Cruelty

INDIA

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

## Baked Sweet & Sour Karela

Serves 4



### Ingredients:

2 apples  
1 beetroot  
2 carrots  
½ inch ginger  
2 teaspoons lemon juice  
½ teaspoon black salt/kala namak

### Preparation:

Peel and chop apples, beetroot and carrots into small pieces.

Put all the pieces with ginger in a juice extractor.

After extracting the juice from the juicer, add lemon juice and salt.

Cool and serve.

### Ingredients:

500 grams karela peeled & cut into thin slices  
3 tablespoons oil  
½ teaspoon cumin powder  
¾ teaspoon coriander powder  
¾ teaspoon raw mango/amchur powder  
¼ teaspoon red chilli powder  
¼ teaspoon turmeric powder  
Salt to taste  
2 tablespoons jaggery powder  
Coriander to garnish



### Preparation:

Add oil to the sliced karela & toss.

Add all the powders, salt and jaggery. Toss again so the karela slices are well coated with the spices. Set aside for 20 minutes.

Pre-heat the oven to 200 degrees.

Transfer the karela slices in a single layer onto a large aluminium foil baking sheet that has been greased with oil.

Bake at 250 degrees for 23 minutes. If you want it to be crispy and extra brown, spray oil on it and reheat for 1-2 minutes. Be careful it may burn quickly.

Garnish with coriander.

Serve with dal and rice or roti.

### Ingredients:

3 cups mixed beans, soaked overnight & cooked  
1 onion, chopped  
1 tomato, chopped  
2 carrots, chopped  
2 celery ribs, chopped  
2 bay leaves  
5 cups water  
Salt & pepper for taste  
½ cup small vegan pasta  
1 tablespoon rosemary leaves  
Olive oil



### Preparation:

Put mixed beans, onion, tomato, carrots, celery ribs, bay leaves, rosemary & water in a pot.

Boil, lower the heat, cover and simmer for half an hour.

Add pasta. Cook for 10 to 15 minutes until the pasta is soft.

Season with salt and pepper.

Drizzle olive oil.

## Mixed beans & Pasta Soup

Serves 4

## Punjabi Chole

Serves 4

### Ingredients:

1½ cups Kabuli channa, soaked overnight  
3 dry amla/awla  
Salt to taste  
1 pinch tea leaves  
4 tomatoes  
2 teaspoons jeera  
2 teaspoons oil  
2 green chillies, chopped  
2 onions, chopped  
3 teaspoons ginger-garlic paste  
2 teaspoons garam masala  
2 teaspoons dhania powder  
2 teaspoons jeera powder  
1 teaspoon chilli powder  
1 tablespoon pomegranate/anar powder  
2 tablespoons kuthmir, chopped



### Preparation:

Pressure cook 3 cups of water, Kabuli channa with tea leaves, amla & salt tied in muslin, for 4-5 whistles. Drain.

Puree 3 tomatoes.

Heat oil. Sauté jeera, green chillies, onion, ginger-garlic paste and pureed tomatoes.

Add garam masala, jeera, dhania, chilli and anar powders. Add channa.

Heat oil and add 1 chopped tomato. Then add to channa mixture.

Cover and keep for 5 minutes.

Garnish with coriander.

Serve with puris.

### Ingredients:

2 kgs red ripe tomatoes  
1 tablespoon oil  
2 bay leaves  
1 pod garlic, minced  
1½ teaspoons turmeric powder  
2 teaspoons red chilli powder  
1 cup jaggery, crumbled  
1 bunch coriander, chopped  
Salt



### Preparation:

Stand tomatoes in boiling water, skin and chop.

Heat oil & add bay leaves, garlic, turmeric and chilli powders making sure they do not burn.

Immediately add tomatoes and simmer for long till the volume reduces by half.

Add jaggery and continue simmering till it melts.

Add salt.

Mix in the coriander. Stir.

Serve hot with khichri or as an accompaniment to moong dal and rice.

It also tastes good as a spread on bread, or could be eaten with chapati as a subzi.

## Khatu Mithu Tomatu

Serves 4



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.

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If you wish to receive  
a free immunity boosting  
food chart, please write to  
[admin@bwcindia.org](mailto:admin@bwcindia.org)

## ABC Magic Drink

Serves 4