



ARE WE GOOD STEWARDS OF GOD'S CREATION?

"We Are What We Eat"



Peace by William Strutt, inspired by Isaiah 11

Allstar Publishing

Modern animal-based diets tend to significantly harm our health, the environment, the world's poor and hungry, and God's animals.

In order to promote better stewardship of God's Creation, this Q&A booklet encourages moving toward a plant-based diet and includes recipes and resources for healthful, convenient, and tasty eating.





ACCORDING TO THE BIBLE, God granted humanity “dominion” over God’s Creation. More and more, faithful Christians are coming to see “dominion” as a sacred responsibility, rather than as a license to do whatever we want with the earth or God’s animals. Our dominion over God’s Creation should be patterned on God’s loving, compassionate dominion over us. If we fail to show love for God’s Creation or mercy for God’s creatures, should we expect God to protect us from the consequences of our own heartlessness and self-indulgence?

How is vegetarianism consistent with good stewardship?

God’s Earth In Genesis 2:15, God instructed Adam to “till” and “keep” the Garden of Eden, and by analogy we may see caring for God’s Creation as our sacred task. The typical meat eater’s diet can require up to 14 times more water and 20 times more energy than that of a vegetarian. Indeed, current use of land, water, and energy is not sustainable; resource depletion threatens to cause hardships for humankind this century.

A 2006 report by the Food and Agriculture Organization of the United Nations found that animal agriculture is a leading cause of climate change

Cattle ranching is now the primary reason for deforestation in the Amazon. Seventy percent of the deforested land is now occupied by pastures; feedcrops cover a large part of the remainder.



They shall not hurt or destroy
in all my holy mountain.
Isaiah 11:9



Manure and wastewater from factory farms contaminate the environment with drug residues, heavy metals, pathogens, and excess nutrients.

and air pollution; land, soil, and water degradation; and biodiversity loss. According to the report, the livestock sector is an even larger contributor to global warming than transport (cars, trucks, airplanes, and so forth). Huge quantities of the potent greenhouse gases methane and nitrous oxide are emitted by farmed animals and their waste. Animal agriculture is also a key factor in deforestation, which releases the greenhouse gas carbon dioxide. The total area used for grazing and the production of feedcrops accounts for 70 percent of all agricultural land and 30 percent of the earth’s land surface. About 20 percent of the world’s pastures and rangelands have been degraded (over 70 percent in the drylands), mostly through overgrazing, compaction, and erosion created by livestock action.



World Hunger Jesus preached, “For I was hungry and you gave me food.... [A]s you did it to one of the least of these my brethren, you did it to me” (Matt. 25:35, 40 RSV). Yet, while tens of millions of people die annually from starvation-related causes and close to a billion suffer from malnutrition, 37 percent of the world’s harvested grain is fed to animals being raised for slaughter; in the United States, the figure is 66 percent.

Only a fraction of what chickens, pigs, and other animals eat makes them grow edible flesh—most is needed to simply keep them alive or to grow body parts that people don’t eat. Consequently, farmed animals consume much more food than they produce. Converting plant foods to meat wastes 67–90 percent of the protein, up to 96 percent of the calories, and all of the fiber. Because land, water, and other resources are limited, the world

Animals are God’s creatures,
not human property,
nor utilities, nor resources,
nor commodities, but
precious beings in God’s sight.
Rev. Andrew Linzey



Under crowded, stressful conditions, birds peck each other. To combat this, the ends of their beaks are cut off with hot blades.



Inefficient conversion of grains into animal flesh contributes to world hunger.



can support many more vegetarians than meat eaters. As worldwide demand for meat has grown, the net effect is that the world’s poor have become increasingly unable to afford food of any kind.

God’s Animals Jesus said that God feeds the birds of the air (Matt. 6:26) and does not forget sparrows (Luke 12:6). The Hebrew Scriptures forbid inhumane slaughter or cruelty toward beasts of burden (Exod. 23:5; Deut. 22:6–7, 25:4). Yet, in the United States, virtually all food derived from animals is obtained through intensive factory farming methods. In fact, nearly ten billion land animals are slaughtered each year, over a million every hour, and the number of aquatic animals killed for food is far greater. These animals suffer greatly from stressful crowding, barren environments that frustrate their instinctive drives, mutilations and amputations without pain relief (including debeaking,



To create living beings just to kill them—for pleasure and profit—is wrong. It becomes a transgression of epic proportions when 50 billion land animals are killed worldwide each year, and most are made to suffer greatly. We have also depleted the oceans of fish and damaged the earth's air, water, and land—God's Creation! This indicates that we have fallen and brought the rest of the world down with our sinfulness. We must change our ways, including moving toward a plant-based diet.

Gary Loewenthal

dehorning, tail docking, and castration), and other painful procedures (Bernard Rollin, Ph.D., *Farm Animal Welfare*).

For example, farmers crowd egg-laying hens in cages so small they can't spread their wings. Some birds are immobilized when their feet get caught in the wire mesh; unable to reach food, they starve to death. Millions of chicks are mailed via the U.S. Postal Service each year. Although mortality rates are high, chicks are deemed cheap and not worth the cost of humane transport. It seems that contemporary farmers embrace any practice that increases productivity, regardless of how much animal pain and suffering it inflicts.

Some calves are chained by the neck in individual stalls for 18–20 weeks before being slaughtered.



Turkeys on a truck bound for the slaughterhouse.

During transport to slaughter, animals are often handled roughly and exposed to extremes of heat or cold. Finally, slaughter typically involves terror and, often, great pain (Gail Eisnitz, *Slaughterhouse*). Illustrating the industry's callousness, animals too sick to walk are painfully dragged to slaughter rather than humanely euthanized. Typical of the industry's attitude, *Hog Farm Management* advised, "Forget the pig is an animal. Treat him just like a machine in a factory."

If we eat the products of factory farming we are, Fr. John Dear notes, "paying people to be cruel."



Your Health The apostle Paul wrote that our bodies are temples of the Holy Spirit (1 Cor. 6:19), and it follows that we should care for our bodies as gifts from God. The largest organization of food and nutrition professionals in the United States, the American Dietetic Association, has endorsed well-planned vegetarian diets. In 2003, the ADA noted, “Vegetarians have been reported to have lower body mass indices than nonvegetarians, as well as lower rates of death from ischemic heart disease; vegetarians also show lower blood cholesterol levels; lower blood pressure; and lower rates of hypertension, type 2 diabetes, and prostate and colon cancer.”

In contrast to the predominantly plant-based Mediterranean diet that Jesus ate, modern Western diets (heavily

Almost all mother pigs spend their adult lives in stalls without enough room to turn around.



They [animals], too, are created by the same loving Hand of God which created us. ...it is our duty to protect them and to promote their well-being.

Mother Theresa



Hens in battery cages have about 1/3 sq. ft. per bird.

laden with animal products) put people at risk. For example, animal foods tend to be high in saturated fat and cholesterol, which elevate blood lipids and increase the risk of heart disease—by far, the number one killer in the West. Because farmed animals are bred to grow quickly and given little exercise, their flesh is particularly high in saturated fats. In contrast, unsaturated fats in plant foods generally improve one’s lipid profile and reduce heart disease risk.

Numerous studies show this. The Cornell-Oxford-China Project found that rural Chinese people, who eat much less animal fat and protein and derive the bulk of their nutrition from plant sources, have far less heart disease mortality and much lower cholesterol levels than Americans or urban Chinese people who eat a more Western diet.

Regarding obesity and diabetes, fiber in fruits, vegetables, legumes (beans), oats, and barley helps people feel full, which discourages overeating. In study after study, vegetarians weigh less and have an easier time maintaining a healthy weight than their meat-eating peers.



Does the Bible support vegetarianism?

The Bible depicts vegetarianism as God's ideal, and the diet conforms to the central biblical principle of stewardship. In Eden, all creatures lived peacefully, and God told both humans and animals to consume only plant foods (Gen. 1:29–31). Several prophecies, such as Isaiah 11:6–9, foresee a return to this vegetarian world, where the wolf, lamb, lion, cow, bear, snake, and little child all coexist peacefully. Christian vegetarians, while acknowledging human sinfulness, believe we should strive toward the harmonious world Isaiah envisioned—to try to live in accordance with the prayer that Jesus taught us, “Thy kingdom come, Thy will be done, On earth as it is in heaven” (Matt. 6:10).



...and a little child shall lead them.
Isaiah 11:6

Did God put animals here for our use?

Adam's “dominion” over animals (Gen. 1:26, 28), we believe, conveys sacred stewardship, since God immediately afterward prescribed a vegetarian diet (1:29–30) in a world God found “very good” (1:31). Created in God's image of love (1 John 4:4), we are called to be caretakers of God's Creation, not tyrants over God's creatures.

Genesis 1:21–22 relates that, before God created humanity, God regarded the animals “good”



and blessed them. Further evidence that we should consider animals as inherently valuable comes from Genesis 2:18–19, which indicates that God made animals as Adam's helpers and companions: “Then the Lord God said, ‘It is not good that man should be alone; I will make him a helper fit for him.’ So out of the ground the Lord God formed every beast of the field and every bird of the air, and brought them to the man to see what he would call them...” (RSV). Adam named the animals, which we believe shows concern and friendship. We don't name the animals we eat.

God endowed pigs, cattle, sheep, and all farmed animals with their own desires and needs, which is apparent when these animals are given an opportunity to enjoy life. For example, pigs are as curious, social, and intelligent as cats or dogs. Pigs can even play some video games better than monkeys.



Similarly, chickens enjoy one another's company and like to play, dust bathe, and forage for food. Jesus compared his love for us to a hen's love for her chicks (Luke 13:34).

Why did God give Noah permission to eat meat (Gen. 9:2–4)?

Virtually all plants were destroyed by the Flood. Alternatively, God may have allowed Noah limited freedom to express human violence, since unrestrained violence was responsible for the Flood itself (Gen. 6:11–13). Importantly, this passage neither commands meat eating nor indicates that the practice is God's ideal. Indeed, eating meat came with a curse—animals would no longer be humanity's friends: "The fear of you and the dread of you shall be upon every beast..." (Gen. 9:2). While eating meat was not prohibited, it represented a complete break from God's ideal of animals and humans living peacefully together, as depicted in Eden and by the prophets.

Does God care for animals?

Proverbs 12:10 teaches, "A righteous man has regard for the life of his beast," and Psalm 145:9 reminds us that "The Lord is good to all, and his compassion is over all that he has made."

The Bible describes God's concern for animals repeatedly (Matt. 10:29, 12:11–12, 18:12–14) and forbids cruelty (Deut. 22:10, 25:4). Importantly, after the Flood, God made a covenant, stated five times, with animals as well as humans. All creatures share in the Sabbath rest (Exod. 20:10; Deut. 5:14). The Bible describes animals praising God (Pss. 148:7–10, 150:6), shows animals present in eternity (Isa. 65:25; Rev. 5:13), and affirms that God preserves animals (Ps. 36:6; Eph. 1:10; Col. 1:20). Animals

and humans look to God for sustenance (Pss. 104:27–31, 147:9; Matt. 6:26; Luke 12:6) and deliverance (Jon. 3:7–9; Rom. 8:18–23). God's covenant in Genesis 9, in all five instances, is with all flesh, not just humans.

Does vegetarianism equate human and animal life?

Vegetarianism simply reflects respect for Creation—the diet benefits humans, animals, and the environment.

What about animal sacrifices?

The Bible relates that God accepted animal sacrifices. However, several later prophets objected to sacrifice, emphasizing that God prefers righteousness. Animal sacrifices are not required or even desired now, for at least two reasons. First, Paul encouraged self-sacrifice,



All go to one place;
all are from the dust,
and all turn to dust again.
Who knows whether the
spirit of man goes upward
and the spirit of the beast
goes down to the earth?

Ecclesiastes 3:20–21



Blessed are the merciful.
Matthew 5:7

writing, “[P]resent your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship” (Rom. 12:1). Second, traditional interpretations of Jesus’ death affirm that, because of him, animal sacrifice is no longer necessary. Christians, being new creations in Christ, may model Christ by choosing a loving relationship with all Creation. Indeed, Jesus twice quoted Hosea (6:6), saying, “I desire mercy and not sacrifice” (Matt. 9:13, 12:7).

Didn't Jesus eat meat?

Luke 24:43 describes Jesus eating fish after the Resurrection. However, Jesus’ diet 2,000 years ago in a Mediterranean fishing community, where many people struggled to get adequate nutrition, does not tell us what Christians should eat today. Similarly, we do not need to dress just as Jesus did. We are blessed with a wide range of healthful, tasty, convenient plant foods, much like in Eden. Meanwhile, we believe that the way animals are treated today makes a mockery of God’s love for them.

Are meat eaters sinners?

The Bible does not prohibit eating meat in all circumstances. While many people have eaten meat for nourishment, most Christians today have ready access to a wide variety of healthful plant foods. Many Christian vegetarians find modern factory farming particularly objectionable because it is unnecessary and merciless.

What does the Bible say about eating meat?

Diet is a major theme in the Bible. At ChristianVeg.org/hgc-replies.htm, we discuss biblical passages frequently cited by those who defend meat eating.

Have there been many vegetarian Christians?

Our numbers are increasing rapidly, just as vegetarianism is growing in the general population. Also, many early Christians were vegetarian, including the Desert Fathers. Since then, the Trappist, Benedictine, and Carthusian

Many activists hand out *Are We Good Stewards of God’s Creation?* booklets at Christian events and colleges. Please visit ChristianVeg.org for more information.





orders have encouraged vegetarianism, as have Seventh-Day Adventists. In the nineteenth century, members of the Bible Christian sect established the first vegetarian groups in England and the United States.

Basil the Great, John Chrysostom, Tertullian, Origen, Clement of Alexandria, John Wesley (Methodism's founder), Ellen G. White (a Seventh-Day Adventists founder), Salvation Army co-founders William and Catherine Booth, Leo Tolstoy, and Nobel Peace Prize winner Rev. Dr. Albert Schweitzer were Christians who became vegetarian, as is the musician Moby.

Don't laws ensure the welfare of farmed animals?

In the United States and many other countries, standard procedures on farms are specifically exempted from all humane legislation, regardless of the pain and suffering they cause. Practices such as bodily mutilations, which would warrant felony animal cruelty charges



Not until we extend
the circle of compassion to
include all living things shall
we ourselves know peace.

Rev. Dr. Albert Schweitzer



if done to a dog or cat, are perfectly legal when done to a pig or chicken. At the slaughterhouse, "humane slaughter" laws are weak and poorly enforced for pigs, cattle, and sheep; the slaughter of birds is completely exempt. The CVA supports efforts to improve conditions on farms, but for many reasons, including our desire not to pay others to do things we would not do ourselves, we feel compelled to be vegetarians.

What would happen to farmers and others whose livelihoods depend on animal agriculture?

If people ate fewer animal products, businesses would adapt to the increased consumer demand for vegetarian foods.



Since animals eat each other, what's wrong with humans eating animals?

Christians are not called to follow the law of the jungle (where “might makes right”), but to follow Christ—to be compassionate, merciful, and humble, and to respect God’s Creation.

Are we natural meat eaters?

While humans can digest flesh, and it is likely that our ancestors consumed some meat, our anatomy much more strongly resembles that of plant-eating creatures. For example: like plant eaters (but unlike meat eaters), our colons are long and complex (not simple and short); our intestines are 10–11 times longer than our bodies (not 3–6 times longer); our saliva contains digestive enzymes (unlike carnivores); and our teeth resemble those of plant eaters—for instance, our canines are short and blunt (not long, sharp, and curved).

The millions of healthy vegetarians (who tend to outlive meat eaters) demonstrate that it is neither necessary nor desirable to eat meat.



Be merciful, even as your Father is merciful.
Luke 6:36



...and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?
Micah 6:8

What if I don't think vegetarianism should be my priority?

Cruelty-free eating requires very little time and commitment and can improve one’s sense of well-being. Anyone can adopt a healthy vegetarian diet while continuing other important activities.

What can I do?

To the degree that you move toward a plant-based diet, you significantly help humans, animals, and the environment. As Christians, we are called to be faithful, which includes living in accord with our core values as inspired by the Holy Spirit. Being faithful also includes showing fellow Christians, in loving and compassionate ways, that non-animal foods promote good stewardship of God’s Creation and, fortunately, are tasty, convenient, and nutritious. Find out more at ChristianVeg.org.

WHAT TO EAT?

When changing your diet, it may take time to explore new foods and develop a routine. There are many different products from which to choose—keep experimenting to find your personal favorites.

You can generally shop for vegetarian foods at supermarkets, natural food stores, and co-ops. Vegetarian selections are usually offered at Chinese, Indian, Italian, Mexican, Middle Eastern, Thai, and other ethnic restaurants—just ask!



Substitution Guide

You can continue to prepare your favorite dishes and avoid animal products by making simple substitutions:

Dairy Use milks, cheeses, creams, yogurts, and frozen desserts made from soy, rice, or nuts. Nutritional yeast adds a cheesy flavor to foods. Replace butter with olive oil or trans-fat-free margarine.

Eggs In baking recipes, use powdered egg substitutes, such as Ener-G Egg Replacer, or replace each egg with half a banana, or 1 heavy tsp. of soy flour or cornstarch plus 2 Tbsp. water.

Meat Use textured vegetable protein (TVP), seitan, or other vegetarian meats. Grocery stores generally offer several mock-meat choices.

When I first started looking into vegetarianism, I chose to explore a new type of cooking or a new type of food every week: Indian one week... Thai, seitan, Middle Eastern, nutritional yeast. Soon, I had a menu that far exceeded my previous, omnivorous diet, in both diversity and taste.

Erik Marcus

Simple Meal Ideas

Breakfast

Soy yogurt
Pancakes
Fruit smoothie
Oatmeal or other hot cereal
Bagel or toast with jelly
Cereal or granola with nondairy milk



Lunch/Dinner

Grain or soy burger
Peanut butter and jelly
Tofu, tempeh, or seitan stir-fry
Baked tempeh or tofu sandwich
Baked, mashed, or fried potatoes
Soup or chili (over pasta or rice)
Pasta and tomato sauce
Vegetarian hot dog
Mock lunchmeat sandwich
Bean burrito
Tofu lasagna
Seitan casserole



Snacks/Dessert

Pretzels, popcorn, or chips
Nuts, seeds, or trail mix
Pie, cookies, or cake
Nondairy ice cream
Fresh or dried fruit
Energy bar





VEGETARIAN NUTRITION

Like all diets, vegetarian diets require appropriate planning for optimal nutrition. The following nutrients are those that people most often have questions about or that need some specific attention in pure-vegetarian diets (i.e., diets that exclude all animal-derived products).

Protein Vegetarians should eat 0.4 g of protein per day for every pound of healthy body weight. If vegetarians consume adequate calories and a variety of foods each day, they should get enough protein. One need not combine foods at each meal to get “complete protein.”

Some Good Sources of Protein

| | Serving | Protein (g) |
|----------------------|---------|-------------|
| Tofu | ½ cup | 10–20 |
| Veggie dog/burger | 1 | 6–18 |
| Soybeans* | ½ cup | 14.3 |
| Textured soy protein | ½ cup | 11 |
| Soymilk | 1 cup | 5–10 |
| Lentils* | ½ cup | 8.9 |
| Peanut butter | 2 Tbsp. | 8.0 |
| Chickpeas* | ½ cup | 7.5 |
| Sunflower seeds | 2 Tbsp. | 5.0 |
| Brown rice* | 1 cup | 4.9 |

*Cooked

Carbohydrates Many popular books have denounced carbohydrates, but it’s processed carbohydrates that aren’t good for you. Carbohydrate-rich, whole plant foods (such as beans, oatmeal, brown rice, and fruits) help you feel full to prevent weight gain, lower cholesterol, and prevent diseases such as diverticulitis and diabetes.

Fats Higher fat foods like nuts and seeds (and their butters), avocados, and small amounts of vegetable oils (especially canola and olive) should be part of a healthy diet. These foods are particularly important for meeting children’s calorie needs.

Vegetarians should include a daily source of linolenic acid (the only essential omega-3 fatty acid). All omega-3s have

...all things were created
by him [God], and for him.

Colossians 1:16



anti-blood-clotting, anti-inflammatory, and cholesterol-lowering properties. Vegetarians are recommended to get about 2.2 g for a 2,000 calorie/day diet. Linolenic acid is in walnuts (1.9 g/oz.), tofu and soybeans (1 g/cup), canola oil (1.3 g/Tbsp.), ground flaxseeds (1.6 g/Tbsp.), and flaxseed oil (2.5 g/tsp.). Vegetarians can easily obtain omega-3 fats by eating 1 tsp. of flaxseed oil per day (do not exceed 2 tsp./day). Flaxseed oil should be kept refrigerated; it may be added to warm food, but cooking will damage the linolenic acid.

Calcium Adequate Intakes (set by the National Academy of Sciences) are 1,200 mg (over age 50), 1,000 mg (ages 19–50), 1,300 mg (ages 9–18), 800 mg (ages 4–8), and 500 mg (ages 1–3).

Some Good Sources of Calcium

| | Serving | Ca (mg) |
|-------------------------|----------|---------|
| Calcium supplement | 1 tablet | 300–500 |
| Orange juice, fortified | 1 cup | 250–300 |
| Soymilk, fortified | 1 cup | 200–300 |
| Blackstrap molasses | 1 Tbsp. | 187 |
| Collard greens* | ½ cup | 178 |
| Navy beans* | ½ cup | 64 |
| Almonds | 2 Tbsp. | 50 |
| Broccoli* | ½ cup | 50 |
| Kale* | ½ cup | 47 |

*Cooked



Iron Recommended Daily Allowance (RDA) for men and postmenopausal women is 8 mg, and 18 mg for premenopausal women. Vegetarians are no more likely to suffer from iron deficiency anemia than nonvegetarians. Iron from plants is generally not absorbed as well as iron from meat, but vitamin C enhances iron absorption (if eaten at the same meal), and pure vegetarians tend to have high intakes of iron and vitamin C. Drinking coffee and caffeinated tea with meals can inhibit iron absorption.

Some Good Sources of Iron

| | Serving | Iron (mg) |
|---------------------|---------|-----------|
| Grape-Nuts | ½ cup | 16.2 |
| Bran flakes | 1 cup | 11 |
| Soybeans* | ½ cup | 4.4 |
| Blackstrap molasses | 1 Tbsp. | 3.3 |
| Pumpkin seeds | 2 Tbsp. | 2.5 |
| Chickpeas* | ½ cup | 2.4 |
| Pinto beans* | ½ cup | 2.2 |
| Apricots, dried | ¼ cup | 1.5 |
| Spinach* | ½ cup | 1.5 |
| Raisins | ¼ cup | 1.1 |

*Cooked

And God said,
 “Behold, I have given you
 every plant yielding seed...and
 every tree with seed in its fruit;
 you shall have them for food.”
 Genesis 1:29



Vitamin D Vitamin D is produced by sunshine on bare skin (without sunscreen). Light-skinned people need 10–15 minutes of sunshine on their hands and face, 2–3 times/week. Dark-skinned people need up to 6 times this amount. People who live in cold or cloudy climates or who seldom get out in the sun should meet needs through fortified foods or supplements. The bone density of pure vegetarians living in northern climates has been shown to increase from a supplement of 5 mcg/day.

Vitamin B₁₂ Vitamin B₁₂ prevents permanent nerve damage, keeps the digestive system healthy, and reduces the risk of heart disease by lowering homocysteine levels. Deficiency symptoms sometimes include fatigue, and tingling in the hands or feet. No unfortified plant foods (including seaweeds and tempeh) are reliable sources of B₁₂. Pure vegetarians should get 3 mcg/day through fortified foods, or at least 10 mcg/day through a supplement.

Iodine Since the amount of iodine in plant foods varies considerably, pure vegetarians should take a modest iodine supplement of about 75 to 150 mcg (or a multivitamin containing this amount) every few days.

Recommended Daily Intakes for Pure-Vegetarian Adults

| | | Upper limit ^a |
|-------------------------|--------------------------|--------------------------|
| Calcium | 1,000–1,200 mg | 2,500 mg |
| Vitamin B ₁₂ | 3–100 mcg ^b | None |
| Vitamin D | 5–15 mcg (200–600 IU) | 50 mcg (2,000 IU) |
| Iodine | 75–150 mcg ^c | 1,100 mcg |
| Omega-3 fats | 2.2–3.3 g ^d | Unknown |

^a Could be harmful in amounts exceeding upper limit.

^b mcg = microgram = µg.

^c One 75–150 mcg iodine tablet every few days will generally meet needs.

^d See sources listed above in the Fats section.

For further details on vegetarian nutrition, including other important nutrients and the needs of other age groups, please read “Staying Healthy on Plant-Based Diets” (available at VeganHealth.org/sh).

VEGETARIAN RECIPES

Corn and Wild Rice Salad

- 1 ½ cups uncooked wild rice blend
- 2 cups fresh or frozen corn kernels
- 1 cup finely chopped celery
- ¾ cup shredded carrot
- ¾ cup dried cranberries or cherries
- ⅔ cup sunflower seeds or toasted unsalted pumpkin seed kernels
- ½ cup finely chopped red onion
- ¼ cup raspberry vinegar or raspberry vinaigrette salad dressing
- 1 Tbsp. olive oil (less if using dressing)
- 1 Tbsp. soy sauce (may use low-sodium)
- 1 tsp. grated orange peel
- ½ tsp. pepper

Cook rice according to package directions, omitting salt and fat. Set aside and cool. Combine the cooked rice, corn, and remaining ingredients in a bowl. Cover the salad and chill. Makes 8 one-cup servings.

Curried Garbanzo Beans

- 1 large onion, chopped
- ½ cup vegetable broth
- 2 (15 ½–19 oz.) cans chickpeas, drained and partially mashed
- 1 tsp. curry powder, or to taste
- 1 tsp. coriander, or to taste
- 1 tsp. cumin, or to taste
- 3 oz. mango chutney, or to taste
- 2 (15 ½–19 oz.) cans diced tomatoes

Sauté onions in the vegetable broth. Add beans, spices, chutney, and tomatoes, mixing well. Serve over brown rice or pasta.



I've found that a person does not need protein from meat to be a successful athlete.

Carl Lewis

(winner of 10 Olympic medals, 9 gold)



Hearty Lentil-Barley Soup

- ¾ cup chopped onion
- ¾ cup chopped celery
- 1 clove garlic, minced
- ¼ cup margarine
- 6 cups water
- 1 (28 oz.) can diced tomatoes
- ¾ cup dry lentils, rinsed and drained
- ¾ cup pearl barley
- 6 vegetarian bouillon cubes
- ½ tsp. dried rosemary, crushed
- ½ tsp. dried oregano, crushed
- ¼ tsp. pepper
- 1 cup thinly sliced carrots
- 1 cup shredded soy (Swiss) cheese
- 1 loaf bread

In a 4-quart Dutch oven, cook onion, celery, and garlic in hot margarine until tender. Add water, undrained tomatoes, lentils, barley, bouillon cubes, herbs, and pepper. Bring to boiling; reduce heat. Cover and simmer for 45 minutes. Add carrots and simmer for 15 minutes more or just until carrots are tender. Ladle into soup bowls, top with cheese, and serve with thick slices of bread. Makes 5 servings.



VEGETARIAN RESOURCES

Recommended Cookbooks

Dreena Burton. *The Everyday Vegan.*

Gail Davis. *So, Now What Do I Eat?*

The Complete Guide to Vegetarian Convenience Foods.

Bobbie Hinman and Millie Snyder.

Lean and Luscious and Meatless.

Sarah Kramer and Tanya Barnard.

How It All Vegan!

Patricia LeShane. *Vegetarian Cooking for People with Diabetes.*

Jennifer Raymond. *The Peaceful Palate and Fat-Free and Easy.*

Joanne Stepaniak. *Vegan Vittles and The Uncheese Cookbook.*

Debra Wasserman. *Simply Vegan: Quick Vegetarian Meals.*

See also VegCooking.com/cookbooks.asp



Cruelty to animals is as if
a man did not love God.
Cardinal John Henry Newman

Recommended Reading

Neal Barnard. *Food for Life; Eat Right, Live Longer; and Turn Off the Fat Genes.*

Stephen R. Kaufman and Nathan Braun.

Good News for All Creation:

Vegetarianism as Christian Stewardship.

Andrew Linzey. *Animal Theology.*

George H. Malkmus.

Why Christians Get Sick.

Vesanto Melina and Brenda Davis. *The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet.*

Virginia Messina and Mark Messina.

The Vegetarian Way:

Total Health for You and Your Family.

Vasu Murti. *They Shall Not Hurt or Destroy.*

John Robbins. *The Food Revolution:*

How Your Diet Can Help Save

Your Life and the World.

Richard Schwartz.

Judaism and Vegetarianism.

Matthew Scully. *Dominion:*

The Power of Man, the Suffering

of Animals, and the Call to Mercy.

Stephen H. Webb. *Good Eating and*

On God and Dogs.

Richard Alan Young. *Is God a Vegetarian?*

See also ChristianVeg.org/bibliography.htm



CHRISTIAN VEGETARIAN ASSOCIATION

For CVA information and free membership,
visit ChristianVeg.org or e-mail CVA@ChristianVeg.org

Other Web Sites (many include recipes)

All-Creatures.org
BlackVegetarians.org
ChristianVegetarian.co.uk
FactoryFarming.com
JesusVeg.com
MundoVegetariano.com
PCRM.org
VeganOutreach.org
VegetarianTeen.com
VegSource.com
VRG.org

Vegetarian Starter Kits

TryVeg.com
VeganOutreach.org/guide

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...unless you turn
and become like children,
you will never enter the
kingdom of heaven.

Matthew 18:3

