GUIDE TO CRUELTY-FREE EATING

RECIPES • NUTRITION • FAQS
CHOOSING COMPASSION

What we choose to eat makes a powerful statement about our ethics and our view of the world—about our humanity. When not buying meat, eggs, and dairy products, we withdraw support of cruelty to animals, undertake an economic boycott of animal products, and support the production of cruelty-free foods and other products.

From children and grandparents to celebrities and athletes, compassionate living is spreading—and it’s easier than ever! Today, even small-town grocery stores can feature a variety of veggie burgers and dogs, deli slices, plant-based milks, and non-dairy desserts—a bounty unimaginable only a decade ago.

OPPOSING CRUELTY: A RESULTS-BASED APPROACH

When you first discover the reality of modern animal agriculture, avoiding all products from animals might seem too big a change. But don’t be overwhelmed—just take small steps. For example, you could eliminate meat from certain meals or on certain days. As you get used to eating less meat and find alternatives you enjoy, it becomes easier to eliminate meat altogether.

EATING CRUELTY-FREE

WHEN’S ON THE MENU?

Many people believe that eliminating animal products will greatly narrow their menus. But according to most vegans, quite the opposite happens. If you visit your local supermarket’s natural foods and international foods sections or just follow some of the suggestions in this booklet, you’ll soon become familiar with a wide variety of options. And you’ll find you can follow almost any recipe—old or new—by substituting ingredients.

Vegan meals are usually offered at international restaurants including Chinese, Indian, Ethiopian, Thai, as well as at several nationwide chains, such as Denny’s, Subway, Johnny Rockets, Papa John’s, Chevys, Taco Bell, and Chipotle. Plus, there are lots of cruelty-free convenience foods: frozen dinners; canned and dehydrated soups; stews and chilies; and an assortment of vegan meats.

SIMPLE MEAL IDEAS

BREAKFAST
Oatmeal or cold cereal with fruit and non-dairy milk; toast, bagel, or English muffin with fruit spread and peanut butter; fruit smoothie made with vegan milk.

LUNCH
Vegan lunchmeat sandwich with chips; bean and rice burrito; falafel pita sandwich with hummus.

DINNER
Tacos; pasta with marinara; stir-fry with tofu; vegan meat with mashed potatoes, gravy, and veggies; pizza with vegan pepperoni.

SNACK & DESSERT
Trail mix; popcorn; chips and salsa. Non-dairy ice cream; vegan chocolate, brownies, or pie.

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DO I REALLY NEED A RECIPE?

It’s fun to find a new recipe to add to your regular favorites. But if you don’t have time for a recipe, try the “meat, potatoes, and vegetable approach” to a meal, and then sauce it up! Simply pick one or more from each of the following categories:

**PROTEIN**
- beans
- seitan
- tempeh
- vegan meat

**STARCH**
- potatoes
- bread
- tortillas
- rice
- pasta

**VEGETABLE**
- countless options

Supermarkets carry a wide array of canned and bottled sauces, dressings, salsas, etc.—ranging from basic tomato or BBQ sauce to the exotic, such as spicy Thai chili or peanut satay sauce. Use sauce to marinate and cook your protein or to cover your starch and veggies. To make sauces more nutritious, add nuts and seeds.

FIRM TOFU AS A MEAT REPLACER

When using tofu, it should be pressed to remove the excess water. Wrap block with towel and squeeze or use a press. The more liquid removed, the firmer and more flavor absorbent the tofu becomes.
### BANANA BREAD

Preheat oven to 350 degrees. In a mixing bowl, mix the (softened) non-dairy margarine and sugar. Make sure to beat until fluffy. Add the applesauce and mix well. Stir in the baking powder, baking soda, and salt. Mash the bananas together, making sure to break up all the dense parts until it becomes a gooey dough. Add the flour and bananas alternately, starting with the flour. Mix each time so the flour is mixed. Spoon into the bread pan. Bake for one hour.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/3 c non-dairy margarine</td>
<td></td>
</tr>
<tr>
<td>1/2 c sugar</td>
<td></td>
</tr>
<tr>
<td>1/2 c applesauce</td>
<td></td>
</tr>
<tr>
<td>1 tsp baking powder</td>
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<tr>
<td>2 ripe bananas</td>
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### TOFU SCRAMBLE

In a large frying pan, cook the tofu, diced onions, and minced garlic in the oil for a few minutes. Add margarine, let it melt, and stir so that it coats the tofu. Add in the turmeric, oregano, and nutritional yeast and stir again. Add in most of your veggies. If you are using veggies that cook longer (such as broccoli, carrots, or potatoes), you’ll want to let them cook for about 10 minutes before adding in veggies that cook fast (such as mushrooms, kale, spinach, and tomatoes). Cook the whole mixture for about 15 minutes.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>12 oz firm tofu, crumbled</td>
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<tr>
<td>1/2 yellow onion</td>
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<tr>
<td>2 cloves garlic</td>
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<tr>
<td>2 tbsp cooking oil</td>
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<tr>
<td>2 tbsp non-dairy margarine</td>
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<tr>
<td>1-1/2 tbsp turmeric</td>
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<tr>
<td>1 tsp oregano</td>
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<tr>
<td>3 tbsp nutritional yeast</td>
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<tr>
<td>Your favorite veggies</td>
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<tr>
<td>Salt &amp; pepper to taste</td>
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### CHICKPEAS AND PASTA

Boil pasta according to package directions. Drain and set aside. In a large pan add olive oil, diced onions, minced garlic and sauté until onions are translucent. Add chickpeas (drained), artichoke quarters, lemon juice, salt and pepper, and let simmer over medium heat for five minutes. Add drained pasta and mix well. Garnish with cherry tomatoes.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>16 oz bag of pasta</td>
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<tr>
<td>6 oz jar artichoke quarters</td>
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<tr>
<td>1/4 c olive oil</td>
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<tr>
<td>1 small red onion</td>
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<tr>
<td>2 cloves garlic</td>
<td></td>
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<tr>
<td>15 oz can chickpeas</td>
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### CHOCOLATE CHIP COOKIES

Preheat oven to 375 degrees. In a medium bowl, beat sugar, margarine, oil, water, and vanilla. In a large bowl, mix the flour, baking soda, and salt. Add liquid mixture and chocolate chips and mix well. Scoop spoon-sized portions onto a cookie sheet and bake for 8 to 10 minutes.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>3/4 c sugar</td>
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<tr>
<td>2 c sugar</td>
<td></td>
</tr>
<tr>
<td>1/2 c margarine, room temp</td>
<td></td>
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<tr>
<td>1/2 c canola oil</td>
<td></td>
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<tr>
<td>1/4 c water</td>
<td></td>
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<tr>
<td>2 tsp vanilla extract</td>
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### CHOCOLATE PIE

Melt chocolate chips in the microwave for 45 seconds and mix until smooth. Put tofu in a blender and blend until creamy. Add melted chocolate and vanilla to tofu, mix thoroughly. Add tofu chocolate mixture to the pie crust and place in freezer for about an hour and a half.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>12 oz non-dairy</td>
<td></td>
</tr>
<tr>
<td>2 tsp vanilla extract</td>
<td></td>
</tr>
<tr>
<td>semisweet chocolate chips</td>
<td></td>
</tr>
<tr>
<td>1 vegan graham cracker crust</td>
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### EGG SUBSTITUTE FOR BAKING

Replace each egg with one of the following:

- 1-1/2 tsp Ener-G Egg Replacer + 2 tbsp water
- 1 tbsp vinegar + 1 tsp baking soda
- 1/4 cup unsweetened applesauce, mashed banana, soy yogurt, or blended silken tofu
- 1 tbsp ground flaxseeds + 3 tbsp warm water
MEXICAN RICE

1 tsp vegetable oil  
1 cup medium-grain rice  
1/4 yellow onion  
2 cloves garlic  
8 oz can tomato sauce  
2 c water  
1 tsp salt  
1 tsp pepper

Heat the vegetable oil in a medium-sized pan. Fry the uncooked rice until it is golden. Add diced onion and minced garlic, and let cook until onions become translucent. Next add tomato sauce and 2 cups water, then stir with salt and pepper. Bring to a boil, cover, and cook on low heat for 15 to 20 minutes. Serve with a can of beans, avocado, salsa and a tortilla. Makes a great burrito filling!

MINI POT PIES

2 c water  
2 vegetarian bouillon cubes  
4 tbsp oil  
1/4 c yellow onion  
4 tbsp flour  
1 package of vegan crescent rolls (8)  
1-1/2 c mixed frozen or fresh veggies

Preheat oven to 375 degrees.

Start by either boiling or microwaving the water and bouillon cubes until it’s a well mixed broth, then set it aside. Over medium heat, put oil and diced onions into a small sauce pan and cook until the onions become translucent. Lower the temperature, add flour and stir until your roux has a smooth consistency. Add broth and stir over low heat until it thickens.

Line cupcake tin with dough triangles. Add cooked veggies to the gravy and let them cook again for 3-5 minutes. Spoon the gravy/veggie mixture into the dough triangles and wrap the dough. Bake for 10 to 12 minutes. Remove from oven and let sit for five minutes.
PLANT-BASED NUTRITION

BY JACK NORRIS, REGISTERED DIETITIAN

Generally, research on human populations has shown that the higher a percentage of plant foods an individual eats, the lower their risk is for obesity, high cholesterol, high blood pressure, type 2 diabetes, heart disease, and cancer.

While vegetarians and vegans have lower rates of many of the major chronic diseases, there are some nutrients they should make sure they are obtaining. Below are some general guidelines and you can find more specific amounts for different age groups at VeganHealth.org. The precise amounts are not important to reach each day; rather making sure you come close on most days is what is important.

**Protein.** It’s easy to get enough protein on a plant-based diet when you include a few servings of legumes each day. Legumes include beans (garbanzo, kidney, pinto, hummus, refried, etc.), peas (green, split, black-eyed), lentils, peanuts, and soybeans (tempeh, tofu, soy milk, soy meats, edamame, etc.). Other plant foods high in protein are quinoa, seitan, nuts, and pumpkin seeds.

**Vitamin B12.** Vitamin B12 is the one nutrient not found in plant foods in any reliable amount. Eat fortified foods twice a day or take a 25-100 μg supplement daily.

**Calcium.** Adults need 1,000 mg per day. Good plants sources are kale, mustard greens, bok choy, turnip greens, collards, and watercress. Eat three servings (1-1/2 cups cooked total) of these foods a day or drink a fortified beverage, eat tofu made with calcium salts (check label), or take a supplement of 250-300 mg/day.

**Iron.** Some women of child-bearing age, especially endurance runners, can become deficient. Plant foods contain iron, but it’s harder to absorb without a source of vitamin C at the same time. If you are prone to iron deficiency, drinking a small glass of orange juice with high-iron foods (beans, greens, oatmeal, and fortified cereals) and avoiding coffee and tea at meals can maximize absorption.

**Zinc.** Found in tofu, beans, nuts and oatmeal. Most vegans get about the RDA for zinc but some fall short. Zinc plays a role in the building and repair of muscle tissue and preventing colds. A modest supplement of about 10 mg per day might benefit some vegans, especially strength athletes.

**Vitamin D.** Sunlight provides vitamin D if upper body (or the equivalent amount of skin) is exposed a few times a week during mid-day; otherwise a supplement of 600-1,000 IU per day is recommended. Deficiency results in fatigue.

**Iodine.** Vegans should eat seaweed, iodized salt, or take an iodine supplement of 75-150 μg, two to three times per week.

**Vitamin A.** Made from beta-carotene. Eat carrots, kale, butternut squash, sweet potatoes, spinach, cantaloupe, or drink carrot juice each day.

**Omega-3.** Eat a serving of walnuts, canola oil, flaxseeds, hemp seeds, or chia seeds (or their oils) daily or take a vegan omega-3 supplement.

More info on vegan nutrition: VeganHealth.org, JackNorrisRD.com or TheVeganRD.com.
HOW DOES CONSUMING DAIRY PRODUCTS HURT COWS?

In the United States, most milk is produced by cows raised in intensive production systems. Some cows are housed indoors year-round and some are often kept restrained.

A cow must regularly give birth in order to produce profitable amounts of milk. Similar to humans, a cow’s gestation period is about nine months and in that time she develops a strong desire to nurse and nurture her baby calf—a calf that will be taken from her hours or days after birth. Male calves will likely be sent to the veal industry.

Cows can live more than 20 years, however they’re usually slaughtered once lactation decreases at about 5 years of age.

The term downer refers to an animal who is too sick or injured to stand. The exact number of U.S. downer cattle is unknown, but estimates come close to 500,000 animals per year. Most are dairy cows and the condition most often occurs within one day after giving birth.

WHAT ABOUT FREE RANGE FARMS?

Poultry meat may be labeled “free range” if the birds were provided an opportunity to access the outdoors. No other requirements—such as the amount of space per bird, the amount of time spent outdoors, or the quality and size of the outdoor area—are specified by the USDA. As a result, thousands of birds crowded in a shed with a single exit leading to a small dirt area can be, and often is, considered “free range.”

The USDA doesn’t regulate the “free range” label for eggs. The “cage-free” label is also unregulated, and does not guarantee the hens were provided access to the outdoors. Neither label requires third-party certification.

Even “USDA Organic”—the most extensively regulated label—does not set minimum levels of outdoor access, nor does it specify stocking density or flock size.

Virtually all commercial egg farms, including free range and organic, use hatcheries that kill the male chicks at birth, and typically trim the beaks of females. Although hens can live more than 10 years, they’re slaughtered after 1 to 2 years. Free range, cage-free, and organic farms may be an improvement over the conventional factory farms, but they are by no means free of suffering.

For more details, please see VeganOutreach.org.
CAN VEGANS BUILD STRONG MUSCLES?
Professional mixed martial artist Mac Danzig says: “When I decided to go vegan, I was able to make the 155-pound weight class much easier, and I haven’t lost an ounce of muscle. I’m leaner than I used to be, and I have much more energy than I used to.”

VeganBodybuilding.com has pictures of dozens of vegan athletes, including Kim Moffatt (left). You can also order our Compassionate Athlete booklet.

DOESN’T THE BIBLE SAY WE SHOULD EAT MEAT?
Many devout Christians are vegan and believe that Jesus would support being compassionate to all creatures.

WHAT ABOUT MY CULTURAL FOODS?
Experimenting with vegan cooking can be fun. You can simply Google vegan versions of your favorite international dishes and family favorites.

IS BEING VEGAN EXPENSIVE?
While some vegan foods can be pricey, meals comprised of oatmeal, peanut butter, bagels, pasta, tomato sauce, tortillas, rice, beans, potatoes, and common produce can be quite inexpensive. Check out PlantBasedonaBudget.com.

IS IT HARD TO BE VEGAN?
It might be at first, especially if you try to change too fast or hold yourself to a high standard. The important thing is to do the best you can. Once you learn more, discover new foods, and establish different habits, being vegan becomes second nature.

You can spare dozens of animals a life of suffering each year by not eating animal products—but you can spare hundreds or thousands a year by spreading your compassionate lifestyle!

Check out VeganOutreach.org:
• Variety of booklets—both in hard copy and PDF
• Comprehensive, cited information about factory farming
• Weekly e-Newsletter
• Daily Vegan Living & Advocacy blog
• Vegan Mentor Program
• More recipes!
• Shirts, bumper stickers, magnets, pins, and more.

MEMBERSHIP HAS ITS BENEFITS!
Don’t have time to get active for animals? You can support our efforts by becoming a member of Vegan Outreach and in the process get some merchandise as a thank you gift. Check out our membership program and levels at VeganOutreach.org.

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YOUR CHOICES MAKE A DIFFERENCE!

Every day, more and more people are making thoughtful, compassionate choices—choosing delicious, plant-based foods instead of animal products. Vegan, vegetarian, and meat free are everywhere these days, showing that our choices really do make a difference.

According to national polls, the number of vegans in the United States has grown from about 500,000 in 1994 to 2 million in 2012; while 9 million Americans never eat meat, poultry, or fish.

As these trends continue, fewer animals will be raised and killed to feed our society.

MENTOR PROGRAM
Get free individual help in going meat-free at: VeganOutreach.org/VMP

What do you think of this booklet? Let us know: VeganOutreach.org/contact