



# HONORING GOD'S CREATION

## CHRISTIANITY AND VEGETARIANISM

Including recipes and resources for healthful,  
convenient, and tasty eating



*Peace by William Strutt*

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The CVA is an international, nondenominational ministry of Christians who find that a plant-based diet benefits human health, the environment, the world's poor and hungry, and animals.

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We believe that the Holy Spirit inspires us to live according to our deepest, faith-based values—our “calling.” We find that Christians care, often deeply, about world hunger, human well-being, the environment, and animals. Since a plant-based diet helps address these concerns, we see it as an opportunity to honor God.

## How is vegetarianism good stewardship?

**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 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.

Converting grains to meat wastes up to 90 percent of grains’ proteins, 96 percent of their calories, and all of their fiber. Since it generally takes far more grains to feed a meat eater, worldwide meat consumption greatly increases demand for grains. As demand grows, cost increases and the world’s poor become increasingly unable to afford food of any kind.

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



...and a little child  
shall lead them.

Isaiah 11:6

**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. According to the American Dietetic Association’s comprehensive review of the scientific literature, vegetarian diets are associated with a reduced risk for obesity, heart disease, high blood pressure, diabetes mellitus, colon cancer, lung cancer, and kidney disease. In contrast to the predominantly plant-based Mediterranean diet that Jesus ate, modern Western diets (heavily laden with animal products) put people at risk.

For example, pesticides and dioxins, which become concentrated in animal fat, are consumed by meat eaters and may increase the risk for cancer. People who eat lots of fish often develop dangerous blood mercury levels. Because farmed animals are bred to grow quickly and given little exercise, their flesh is typically high in saturated fats, which



elevate meat eaters' cholesterol levels, increasing the risk for heart disease.

Farmed animals are often given hormones to stimulate excessive muscle development—a practice which causes harm to human health, as well as painful lameness in the animals. The routine use of antibiotics to prevent infections in crowded, stressed animals promotes dangerous antibiotic resistance among bacteria. Furthermore, high-speed slaughterhouse operations predispose meat to bacterial contamination.

In 1999, the CDC estimated that food poisoning sickens about 76 million Americans annually and kills about 5,000. A year later, the CDC found that about 86 percent of reported food poisoning outbreaks derive from animal food sources. Cooking meat can kill bacteria, but it also generates cancer-causing heterocyclic amines.

**The 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 easily consume up to 14 times more water and 20 times more energy than that of a vegetarian.

*Between 1960 and 1990, one-fifth of the world’s tropical forest cover was lost, largely to graze cattle for beef exports to the United States and Europe.*



Indeed, current use of land, water, and energy is not sustainable; resource depletion threatens to cause hardships for humankind this century. Already, 40 percent of the world’s agricultural lands are seriously degraded.

Be merciful, even as your  
Father is merciful.

Luke 6:36



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

**Animal Welfare** Jesus said that God feeds the birds of the air (Matt. 6:26) and does not forget sparrows (Luke 12:6). The Hebrew writings forbid inhumane slaughter or cruelty towards 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. 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, amputations without anesthesia



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

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

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, John Byrnes wrote, "Forget the pig is an animal. Treat him just like a machine in a factory" (*Hog Farm Management*).

Hunting and fishing also involve cruelty. Fish suffer from being hooked or dying in nets, and hunted animals often die slowly from crippling wounds.

## 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, God found everything "very good" immediately after giving both humans and animals a vegetarian diet (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 believe we should strive towards 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).

## Didn't 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). Genesis 2:18–19 relates, "Then the Lord God said, 'It is not good that man should be alone; I will make him a helper fit for him'" and God then created animals. This passage indicates that animals were made as Adam's companions and helpers, not his food.

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



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



Animals are God's creatures,  
not human property,  
nor utilities, nor resources,  
nor commodities, but  
precious beings in God's sight.

Rev. Andrew Linzey



*Turkeys on a truck bound for the slaughterhouse.*

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 curious, social, and more intelligent than 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)?**

All plants were destroyed by the Flood, giving Noah few food choices. Importantly, this passage does not

command meat eating, nor does it say that meat eating is God's highest ideal. Perhaps, meat eating was a concession. Indeed, humankind's general violence and wickedness prompted the Flood (Gen. 6:5, 13). In biblical times as now, people are encouraged to live according to God's highest ideals. Jesus said, "[B]e perfect, as your heavenly Father is perfect" (Matt. 5:48; cf. John 14:12).

### **Does God care for animals?**

Proverbs 12:10 teaches, "A righteous man has regard for the life of his beast," and Psalms 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 (Ps. 148:7–10, 150:6), shows animals present in eternity (Isa. 65:25; Rev.

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





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 (Ps. 104:27–31, 147:9; Matt. 6:26; Luke 12:6) and deliverance (Jon. 3:7–9; Rom. 8:18–23).

### Does vegetarianism equate human and animal life?

Vegetarianism simply reflects respect for Creation—the diet benefits humans, animals, and the environment. Jesus said, “Are not five sparrows sold for two pennies? And not one of them is forgotten before God.... Fear not; you are of more value than many sparrows”



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

...as you did it to one of the  
least of these my brethren,  
you did it to me.

Matthew 25:40

(Luke 12:6–7). This passage relates that, although God values humans more than animals, God remains concerned about all creatures. Indeed, God’s covenant in Genesis 9, in all five instances, is with all flesh, not just human.

### 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, 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?

We believe that the way animals are treated today makes a mockery of God’s love for them. Whatever Jesus ate, his diet 2,000 years ago in a Mediterranean fishing community does not mandate what Christians should eat today. Similarly, what Jesus wore does not dictate how we should



dress today. We are blessed with a wide range of healthful, tasty, convenient plant foods, much like in Eden.

### **What about Acts 10:13, 11:7, in which Peter is instructed to “kill and eat” all creatures?**

Reading on, one finds that this passage is not a literal instruction to consume flesh. Peter, pondering this vision’s meaning, concluded that he should preach the Gospel to the Gentiles (Acts 10:28, 11:18). However one interprets this passage, it does not recommend that we consume meat today.

### **What about 1 Timothy 4:4, which says that “everything created by God is good”?**

Nearly 2,000 years ago, Paul condoned eating all foods received thankfully (see also 1 Cor. 10:25). However, modern animal agriculture is a human creation, and it harms humans, animals, and the earth. While we should thank God for our ability to enjoy food, we may also thank God for providing tasty vegetarian options. Indeed, many Christian vegetarians see each meal as a prayerful reminder of God’s grace and goodness. Each vegetarian meal reminds them of Isaiah’s prophecy that all Creation will live harmoniously at the end of time, as in Eden.

### **Are vegetarians “weak in faith” (Rom. 14:1)?**

Paul wrote to the Romans that “the weak man eats only vegetables” (14:2). At that time, Jews were banned from Rome, and a kosher butcher would have been arrested. Unable to obtain kosher meat, many Jews abstained from meat altogether, for fear of eating meat that had been offered to a pagan god.

Paul maintained that eating meat, even if offered to idols, was not a spiritual concern, which the “weak” failed to appreciate. Paul said that meat eaters should not condemn those who abstain, and vice versa (14:3), but this does not make all meat eating ethically neutral. Since the diet causes unnecessary suffering, vegetarian Christians suggest that meat is not a merciful choice.

### **Is eating meat sinful?**

By biblical criteria, eating meat is not inherently sinful. Historically, many people have needed meat for nourishment. However, the Bible encourages us to follow Jesus’ path of pure love

...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





Blessed are the merciful.

Matthew 5:7

and compassion. James recognized this when he wrote, "Whoever knows what is right to do and fails to do it, for him it is sin" (James 4:17).

### Have there been many vegetarian Christians?

Many early Christians were vegetarian, including the Desert Fathers. Since then, the Trappist, Benedictine, and Carthusian 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 some countries, including the United States, 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 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. We support 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 those whose livelihoods depend on animal agriculture?

The transition to a vegetarian world, if it happens, will occur slowly enough that few, if any, will be adversely affected—they will simply take different jobs.







## 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 respectful of God’s Creation.



## Are humans naturally predators and therefore carnivores?

While humans can digest flesh, and it is likely that our ancestors did consume small amounts of 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 nonvegetarians) demonstrate that it is not necessary or even desirable to eat meat.

## How do Christian vegetarians celebrate holidays?

Vegetarians celebrate holidays fully and joyfully without consuming animals. Numerous cookbooks offer

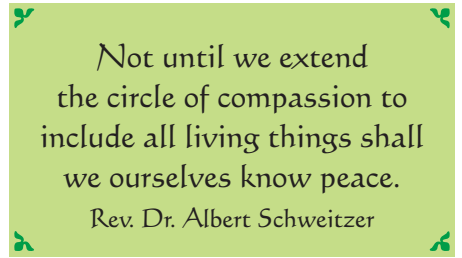
tasty vegetarian meals, from quick and easy to complex and elegant.

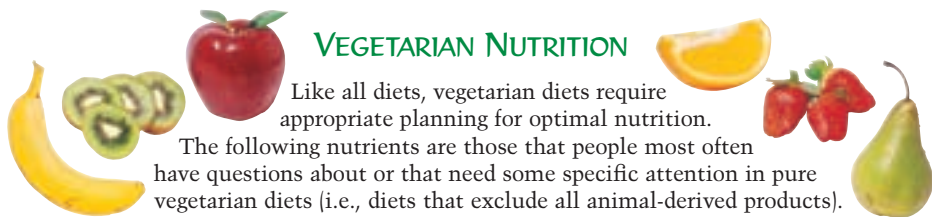
## What if I don't think vegetarianism should be a priority?

Adopting a healthy vegetarian diet requires little extra time or commitment and can improve one’s sense of well-being. Anyone can choose the diet while continuing to work on the same issues as before.

## What can I do?

If you choose a plant-based diet, you significantly help humans, animals, and the environment, reducing global misery. 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 nonanimal foods promote good stewardship of God’s Creation and are tasty, convenient, and nutritious.





## 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 High-Protein Plant Foods

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

**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 High-Calcium Plant Foods

Serving	Ca (mg)
Orange juice, fortified	1 cup 250–300
Soymilk, fortified	1 cup 200–300
Blackstrap molasses	1 Tbsp. 187
Collard greens*	½ cup 178
Figs, dried	6 165
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 14.4 mg, and 32.4 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.

### Some High-Iron Plant Foods

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

**Zinc** RDA is 11 mg for adult men, and 8 mg for adult women. In some pure vegetarian diets, zinc may be lower than recommended; however, pure vegetarians do not show deficiency symptoms any more than do nonvegetarians. Sources of zinc include beans, corn, peas, cashews, peanuts, peanut butter, pumpkin seeds, and sunflower seeds; cereals are often fortified with zinc.

**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 in cold or cloudy climates should meet needs through



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



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 B<sub>12</sub>** Vitamin B<sub>12</sub> 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 vitamin B<sub>12</sub>. Pure vegetarians should get 3 mcg/day through fortified foods, or at least 10 mcg/day through a supplement.

**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-3 fatty acids have 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 (.8–1.0 g/cup), canola oil (1.6 g/Tbsp.), ground flaxseeds (2.1 g/Tbsp.), and flaxseed oil (2.5 g/tsp.). Pure vegetarians can most easily obtain omega-3 fats by eating 1 tsp. of flaxseed oil per day (do not exceed 2 tsp./day). Flaxseed oil, sold in many natural food and grocery stores, should be kept refrigerated; it may be added to warm food, but cooking will damage the linolenic acid.

**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.

**Poor Nutrition: The Atkins Diet** This diet doesn't work in the long term and puts the dieter's health at grave risk. The American Dietetic Association, the American Heart Association, and the rest of the medical establishment have denounced the diet as likely to cause cardiovascular and kidney disease, gout, and constipation. Although Atkins dieters initially lose weight, the diet has a near 100 percent drop-out rate. The National Weight Control Registry does not have a single adherent who has maintained significant long-term weight loss.

**Recommended Daily Intakes  
 for Pure Vegetarian Adults**

		Upper limit <sup>a</sup>
Calcium	1,000–1,300 mg	2,500 mg
Vitamin B <sub>12</sub>	3–100 mcg <sup>b</sup>	None
Vitamin D	5–15 mcg (200–600 IU)	50 mcg (2,000 IU)
Iodine	75–150 mcg <sup>c</sup>	1,100 mcg
Omega-3 fats	2.2–3.3 g <sup>d</sup>	Unknown

*Note:* Please see "Staying a Healthy Vegan" (SHV) at [www.VeganOutreach.org/health](http://www.VeganOutreach.org/health) for the needs of other age groups and for more information on all of the topics in this section.

<sup>a</sup> Could be harmful in amounts exceeding upper limit.

<sup>b</sup> mcg = microgram = µg.

<sup>c</sup> One 75–150 mcg iodine tablet every few days will generally meet needs.

<sup>d</sup> Most easily obtained through 1 tsp. of flaxseed oil. See SHV for additional sources.



## 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, as well as many chains, such as Papa John's, Pizza Hut, Subway, and Taco Bell—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 (sold at health food stores), 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 mock meats, such as Morningstar Farms Ground Meatless.

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

Some simple meal ideas:

#### Breakfast

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



#### Lunch/Dinner

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



#### 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 RECIPES

### Corn and Wild Rice Salad

- 1½ 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 raspberry vinegar or raspberry vinaigrette salad dressing
- 1 Tbsp. olive oil (less if using salad 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 (15½–19 oz.) cans garbanzo beans (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 (15½–19 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)



### Hoisin and Black Bean Stir-Fry

- ¼ cup hoisin sauce
- 1 Tbsp. soy sauce
- 1 Tbsp. rice wine vinegar
- 1 Tbsp. sesame oil
- ¼ tsp. red-pepper flakes
- 1 Tbsp. peanut oil
- 2 Tbsp. chopped fresh ginger
- 2 cloves garlic, minced
- 2 cups thinly sliced carrots
- ½ cup vegetable stock
- 1 green pepper, cut into strips
- 1 yellow squash, thinly sliced
- 1 cup snow peas
- 1½ cups canned black beans, rinsed and drained
- ½ cup sliced water chestnuts
- 3 cups cooked rice, hot

Combine hoisin sauce, soy sauce, vinegar, sesame oil, and pepper flakes; set aside. In a wok or large nonstick frying pan over medium-high heat, warm the peanut oil. Add the ginger and garlic; stir-fry for 1 minute. Add the carrots; stir-fry for 3–4 minutes, or until just tender. Add the stock; cook for 2–3 minutes, or until the liquid has evaporated. Add the green peppers, squash, and snow peas; stir-fry 4–5 minutes, or until just tender. Stir in the beans, water chestnuts, and hoisin sauce mixture; stir-fry for 2 minutes, or until heated through. Serve over rice. Makes 4 servings.



## 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 tomatoes, cut up
- 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, rosemary, oregano, 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.

## Quick Chili

- ½ cup boiling water
- ½ cup textured vegetable protein
- 1 onion, chopped
- 1 green bell pepper, diced
- 2 large garlic cloves, minced
- ½ cup water or vegetable stock
- 2 (15 oz.) cans pinto beans
- 1 (15 oz.) can tomato sauce
- 1 cup fresh or frozen corn kernels
- 1–2 tsp. chili powder
- 1 tsp. dried oregano
- ½ tsp. ground cumin
- ⅛ tsp. cayenne (more for spicier chili)

Pour the boiling water over the textured vegetable protein and let stand until softened. Braise the onion, bell pepper, and garlic in water (or vegetable stock) until the onion is soft, then add the remaining ingredients, including the textured vegetable protein. Simmer at least 30 minutes. Makes 8 servings.

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

Colossians 1:16



## Autumn Frosted Caramel Apple Cake

### *Caramel Frosting:*

- 2 Tbsp. soy margarine
- 1 cup packed brown sugar
- ¼ tsp. salt (adjust if needed)
- ¼ cup soymilk
- 2 cups powdered sugar
- 1 tsp. vanilla extract

### *Apple Cake:*

- 2 cups unpeeled, cored, and chopped organic  
Granny Smith or other sour apples
- 1 cup sugar
- 1½ cups all-purpose flour
- 1 tsp. baking soda
- ½ tsp. salt
- 1 ripe pear, puréed or ¼ cup applesauce
- 2 Tbsp. canola oil
- 1½ Tbsp. egg replacer (equivalent of 1 egg)
- ¼–½ cup chopped nuts
- ¼ cup flaked coconut

In a pan, melt margarine, then add brown sugar, salt, and soymilk. Boil on low heat for 2 minutes, stirring constantly. Remove from heat and let cool. Then add powdered sugar and vanilla, beat well, and set aside.

Preheat oven to 325°F. Grease and flour a 9" round cake pan; set aside. Mix apples and sugar and let stand, stirring occasionally to make a syrup. Sift flour, soda, and salt and add to apples. Add remaining ingredients and combine well. Transfer batter to prepared pan and bake for 40–45 minutes. Cool and frost with caramel frosting.



## 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.*

Ingrid Newkirk. *The Compassionate Cook.*

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

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

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



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

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



### 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.*

Erik Marcus. *Vegan: The New Ethics of Eating.*

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?*



For CVA information and free membership,  
visit [www.ChristianVeg.com](http://www.ChristianVeg.com) or e-mail [CVA@ChristianVeg.com](mailto:CVA@ChristianVeg.com)



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

Matthew 18:3



Photographs were provided courtesy of Compassion in  
World Farming, Farm Sanctuary, PETA, and USDA.

### Other Web Sites (many include recipes)

[www.All-Creatures.org](http://www.All-Creatures.org)  
[www.FactoryFarming.com](http://www.FactoryFarming.com)  
[www.HumaneReligion.org](http://www.HumaneReligion.org)  
[www.JesusVeg.com](http://www.JesusVeg.com)  
[www.PCRM.org](http://www.PCRM.org)  
[www.Veg4Lent.org](http://www.Veg4Lent.org)  
[www.VeganOutreach.org](http://www.VeganOutreach.org)  
[www.VegetarianTeen.com](http://www.VegetarianTeen.com)  
[www.VegSource.com](http://www.VegSource.com)  
[www.VRG.org](http://www.VRG.org)

### Vegetarian Starter Kits

[www.PCRM.org/health/VSK/starterkit.html](http://www.PCRM.org/health/VSK/starterkit.html)  
[www.VegPledge.com](http://www.VegPledge.com)  
[www.VeganOutreach.org/VSP](http://www.VeganOutreach.org/VSP)  
[www.VegetarianStarterKit.com](http://www.VegetarianStarterKit.com)  
[www.ChooseVeggie.com](http://www.ChooseVeggie.com)  
[www.TryVeg.com](http://www.TryVeg.com)

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**U.K.** Foresta, Pines Rd., Liphook, GU30 7PL  
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