The Vegetarian Starter Kit

Yum! Quick, easy, fun RECIPES

+30 mouthwatering MEAT-FREE meals

FREE

EASY • AFFORDABLE • INSPIRED FOOD

DO GOOD. FEEL GREAT. BE KIND TO YOURSELF, ANIMALS, AND THE PLANET.

BROUGHT TO YOU BY

Animals Australia
the voice for animals
Welcome

If you’re reading this, you’ve already taken your first step toward changing the world. Think that sounds huge? It is. Being vegetarian not only saves countless animals, it’s also the best way to protect the environment. Plus it’s a fantastic recipe for you to live a long, happy and healthy life!

Just look around. From Hollywood A-listers like Natalie Portman, to Aussie music legends like Missy Higgins, to the hip guy next door — plant-based eating is everywhere. Even Einstein was onto it. These people recognise that this simple choice makes a big difference and they put their values into action.

Times are changing, and we all have the power to rethink, redefine, and rebuild a better world. In your hands is the recipe to stand up for fairness, kindness and compassion every day. It’s time we feel good about who we are, how we live, and what we eat.

And here’s the best part: it’s totally easy. With this guide at your fingertips, you’ll be well on your way to a lifestyle that’s kind to animals and you.

So open your heart, and embrace the future. You have arrived.

Warmly,

*Your friends at Animals Australia*

### Vegetarian (ve-je-’ter-ē-en)

A fun and compassionate trend-setter who chooses kinder alternatives to meat, dairy, and eggs — in order to live a happy, healthy life without harming others.

#### You’re in Good Company

**Health**

“Since going vegan, my fitness is better than it’s ever been. My recovery time after games has shortened and my body is in the best condition to date.”

— Peter Siddle — Australian cricket legend

**Ethics**

“The moment I realised that I only ate animals because my parents did was life-changing. Why harm animals when nature has provided us with a smorgasbord of delicious cruelty-free food to sustain us and keep us healthy?”

— Lyn White —

**Flavour**

“Wow, wow, wow! I never imagined meatless meals could be so satisfying.”

— Oprah Winfrey —

**Kindness**

“I like animals, all animals. I wouldn’t hurt a cat or a dog — or a chicken or a cow. And I wouldn’t have someone else do it for me. That’s why I’m a vegetarian.”

— Peter Dinklage —

**Respect**

“I educated myself on factory farming and cruelty to animals, and realised that what was on my plate were living things, with feelings. And I just couldn’t disconnect myself from it.”

— Ellen DeGeneres —

**Environment**

“Factory farms do more harm to the environment than all of transportation combined. Everyone is talking about fuel-efficient vehicles but they would actually do more for the Earth by becoming vegan.”

— Emily Deschanel —

#### Reinvent

*Your routine.* With the easy tips in this guide, you’ll be well on your way to a glorious new way of eating.

#### Revitalise

*Your body.* A healthy, plant-based cuisine can nourish your body, give you peace of mind, and lift your spirits.

#### Rewrite

*Perfection.* Being vegetarian isn’t about being perfect. It’s about doing the best we can to make our world a better place.

#### Rediscover

*Flavour.* Prepare yourself for an awesome adventure filled with enticing new flavours and delicious old favourites.

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**WELCOME** FROM ANIMALS AUSTRALIA

**WELCOME** YOU'RE IN GOOD COMPANY
Get ready to

CHANGE the WORLD

You are powerful. More powerful than you ever imagined.
By eating animal-friendly foods, you are changing the course of history by helping to halt climate change and saving countless lives — all the while doing your body a favour.

Did you know?
Chickens can solve maths problems, share learning from generation to generation, recognise up to 100 other birds by their facial features, and communicate using dozens of distinct calls.
EATING WITH CARE

Every meal is a statement of our values and the world we want to live in.

Life for animals on modern day factory farms isn’t pretty. Forget the fairytale farmyards in children’s books. They’ve been replaced by nightmarish places where millions of animals have their tails, teeth and beaks cut without pain relief, and suffer in extreme confinement until they are slaughtered.

While the overwhelming majority of ‘food’ animals live and die in miserable conditions, a lucky few escape this fate...

**Autumn**

At just 30 days old, Autumn already carried the weight of an adult hen. Her undeveloped legs could barely lift her massive body, but when she chirped you could hear she was only a baby. Like all ‘meat’ chickens, Autumn was born into a body that was designed to produce meat — not sustain life. Inside the overcrowded factory farm she grew up in, many of her companions died from heart failure before they were even 6 weeks old. Her rescuers knew that she would not likely survive long after being freed from that windowless shed. But unlike millions of ‘meat’ chickens before her, Autumn was spared the horror of the slaughterhouse. Instead, her final days on Earth were spent bathing in sunshine, eating watermelon, and socialising with her BFF (best feathered friend) Summer.

**Dasher**

Born onto Edgar’s Mission Farm Sanctuary, Dasher (middle) and his siblings will get to live a full and happy life. Their mother, Wonder Woman, escaped from a factory farm, pregnant, with 8 tiny lives inside her. Had she not escaped, these piglets would never have seen sunshine until the very last day of their lives — on the day they were trucked to slaughter.

**Batman**

Batman is a gentle, friendly calf who was rescued from a dairy farm at one day old. Now he lives at Freedom Hill Farm Sanctuary. Every year, around one million baby calves like him are taken from their mothers and killed as ‘waste products’ of the dairy industry while their mothers’ milk is bottled for human consumption.

**Popeye**

Popeye is a cheeky and adventurous young rooster, who is very lucky to have hatched at Lefty’s Place Sanctuary. If he’d been one of the millions of unwanted boy chicks born into the egg industry each year, Popeye would have been tossed into a mincing machine (alive) or gassed to death on his first day of life.

**Fish feel**

Modern science is discovering fish have more in common with us than you might think. Fish have been found to play, some teach their young, and there’s no doubt they feel pain.

As commercial fishing trawlers drag sea animals up in large nets toward the water’s surface, the change in pressure causes their eyes to balloon out, and often for their swimming bladder to explode. In their last moments, fish gasp and thrash their bodies, slowly suffocating. These trawling nets catch everything in their path, including dolphins, turtles and other animals. Other fish are raised in overcrowded, and often disease-ridden factory farms.

**What about ‘humane’ meat?**

While the small number of animals raised on small-scale farms may be a little better off, even these animals may be separated from their families, and often suffer surgical procedures without pain relief. And ultimately both ‘factory farmed’ and ‘free-range’ animals are trucked to the same slaughterhouses. Investigations have revealed terrifying fates await animals in Australian abattoirs. Find out more at AnimalsAustralia.org/is-meat-humane

**Are ‘cage-free’ eggs a solution?**

Almost anything is better than the nightmare of factory farming, but sadly, ‘cage-free’ doesn’t mean cruelty-free. The truth is that even on many cage-free farms, hens spend most of their lives in crowded sheds, and may have the tip of their sensitive beak cut off without pain relief. Across the entire egg industry — including free-range and organic farms — chickens are killed from 18 months of age, when their egg production slows. And male chicks who have no commercial value to the egg industry are gassed or ground up alive on their first day of life.

Since we can live happy healthy lives without harming others, why wouldn’t we?
YOUR HEALTH IS PRICELESS
Make no mistake, eating vegetarian saves lives — and that could include yours!

The biggest killer in Australia isn’t smoking, drugs, or car accidents. It’s heart disease — which is directly linked to what we eat. Unhealthy diets heavy in animal products and lacking in fruits and veggies are heading us all to an early grave. So get ready to become a part of the health revolution and reap the benefits.

LIGHTEN UP
Studies now show that vegetarians have lower rates of obesity. On average, people who don’t eat meat, dairy, and eggs weigh up to 20% less than people who eat meat.

LOVE YOUR HEART
A recent British study found that being vegetarian may cut your chances of hospitalisation or death from heart disease by 32%!

BYPASS DIABETES
Eating plant-based cuisine has been found to significantly reduce your risk of developing diabetes.

“Quite simply, the more you substitute plant foods for animal foods, the healthier you are likely to be.”
Dr. T. Colin Campbell, nutrition expert at Cornell University

I didn’t go vegan for health, but I owe my strength and vitality to it. I didn’t go vegan for money, but it’s given me many opportunities in life. I didn’t go vegan to be special, but my influence on others has been humbling and I’ve made many new friends. I did it for the animals. And I’ll stay vegan for the animals.

Find your purpose in life that’s greater than what you are so you will never waiver. The rest will just be a bonus.

Billy Simmonds
Australian Body Builder
Natural Mr Universe Winner

FACTORY FARMS
CONSUME MORE FOOD THAN THEY PRODUCE.

AN ESTIMATED ONE THIRD OF THE WORLD’S CEREAL HARVEST IS FED TO FARMED ANIMALS.

That would be enough grain to feed about 3 billion people.

6 kg PLANT PROTEIN to produce 1 kg ANIMAL PROTEIN

SCIENTISTS PREDICT THAT AT CURRENT FISHING RATES THE OCEANS’ FISH POPULATIONS COULD COLLAPSE BY 2050.

ANIMAL AGRICULTURE PRODUCES MORE GREENHOUSE GAS EMISSIONS THAN ALL OF THE WORLD’S TRANSPORT COMBINED.

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NEARLY 80% OF THE LAND CLEARED IN THE AMAZON IS USED FOR CATTLE GRAZING.

ON AVERAGE IT TAKES...

EATING VEGETARIAN CAN CUT THE WATER NEEDED TO PRODUCE YOUR FOOD BY AS MUCH AS 80-90%.

On average it takes...

ANIMAL AGRICULTURE PRODUCES MORE GREENHOUSE GAS EMISSIONS THAN ALL OF THE WORLD’S TRANSPORT COMBINED.

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The BASICS

The next few pages will take you through the nuts and bolts of your nourishing new way of eating. Protein, calcium, iron? No worries, we’ve got you covered.

Did You Know?
The Victorian Government’s Better Health program says “Well-planned vegetarian diets have many health benefits and can provide all the essential vitamins and minerals necessary for a long and healthy life.”
What they do: Nuts and seeds provide protein and iron, as well as zinc, which supports a healthy immune system. Omega-3 fatty acids, found in walnuts, flax seeds, and chia seeds, aid in healthy brain function. Omega-9 fatty acids found in avocados also aid in healthy heart function. And vitamin E, which is abundant in nuts, promotes healthy immune function. Omega-3 fatty acids, which are found in walnuts, flax seeds, and chia seeds, are important for metabolism and nerve function.

What's a serving? 1 cup nuts, 2 tablespoons seeds or 1 tablespoon nut or seed butter.

Tip: Try some tahini in your salad dressing to add creaminess or a handful of almonds as an easy snack.

SEEDS & NUTS

VEGETABLES

What they do: Vegetables are chock full of nutrients, like beta-carotene, which your body turns into vitamin A (important for good vision and immune function), and vitamin C, which creates collagen (a protein that makes skin, joints, and bones strong). Vegetables also contain a host of cancer-fighting phytonutrients.

What's a serving? ½ cup cooked vegetables, 1 cup raw vegetables or ½ cup vegetable juice.

Good sources: Kale, broccoli, spinach, lettuce, capsicum, cabbage.

Tip: Eat the rainbow! The varying, vibrant colours in vegetables exist because of the thousands of healthful phytonutrients.

FRUIT

What they do: Fruits are great for hydration and a fantastic source of fibre, which aids in digestion and helps prevent heart disease. Many fruits are also rich in potassium, which is important for proper organ function, and are also an amazing source of antioxidants.

What's a serving? 1 medium-sized fresh fruit or 1 cup cut-up fruit.

Good sources: Apples, oranges, blueberries, blackberries, bananas.

Tip: Starting your day with a fruit smoothie is a great way to get your daily servings of fruit.

CALCIUM

Soy milk (fortified), sesame seeds, white/brown bread, fortified fruit juice, dried figs, broccoli, green leafy vegetables (except spinach), molasses, tofu, beans and pulses.

VITAMIN B12

While it finds its way into animal foods, this bacteria-borne vitamin doesn’t get into plants. So, it is important that we supplement. The good news is that lots of foods, including non-dairy milks, many cereals, and nutritional yeast, are fortified with B12. Even so, buy a B12 supplement from your local chemist or supermarket and take it regularly.

PROTEIN

Just about every food contains some protein. Best sources are soy products (e.g. tofu, plant-based ‘meats’, legumes (e.g. beans, lentils), nuts, seeds, whole grains (e.g. quinoa, wheat).

IRON

Breakfast cereals (fortified), wholemeal bread, fortified fruit or 1 slice wholegrain bread.

Calcium

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Pregnancy - A veg diet is appropriate for all populations across the lifespan, including pregnant women. While expecting, you need to be mindful of healthy weight gain (a total average of 11.5–16 kg), as well as of your nutrient intake, since nutrient needs increase at this time. Ensure adequate consumption of a wide variety of whole plant foods, protein via beans, lentils, peas, nuts, nut butters, seeds, and leafy greens; omega-3 fats for brain development from flax/chia seeds, walnuts, soy products, and leafy greens; and iron from non-iron foods (beans, leafy greens, sea vegetables, lentils, and tahini) together with vitamin C-rich foods (fruits, capsicum, broccoli, and kale).

ATHLETES - Because of the high oxygen and recovery demands of training and performance, athletes place themselves at an advantage by emphasising a diet rich in antioxidants and phytochemicals. With sufficient calories to maintain energy needs and lots of colourful fruits and vegetables, being vegetarian is ideal for athletes.

Good sources: Kidney beans, tofu, tempeh, lentils, peas.

Legumes and Soy Products

What they do: Legumes and soy products provide a hefty amount of protein. Many of these foods are also rich in calcium and iron.

What's a serving? ½ cup cooked beans, ½ cup tofu, ½ cup tempeh or 1 cup fortified soy milk.

Tip: Experiment with marinades and spices to make tofu dishes sing.

What about...
LET’S go SHOPPING!

It’s time to give your fridge a **lean, green, animal-friendly makeover**. No need to go hunting (pun intended). From foods chock-full of vitamins, antioxidants, and nutrients, to delicious, plant-based meat and dairy alternatives, you’ll find it a breeze. And everything you need is at your regular supermarket.
SUPER NATURAL FOODS

By no freak of nature, everything our body needs to survive and flourish is provided for us straight from the earth. Get ready to discover a world of super nutrient rich (and totally natural) foods.

Nutritional Yeast: OK, we know the name is atrocious, but this nutty flavoured condiment is delicious and a great source of B vitamins. Use it to make dairy-free cheese sauces and in place of parmesan.

Tofu: A versatile food made from soy beans that comes in a variety of textures. High in protein, low in fat and a great addition to stir-fries, curries and wraps.

Tempeh (tem-pay): It's similar to tofu with a 'meatier' texture. Perfect on a burger or to bulk up a salad.

Sweet potatoes: A good source of vitamin C.

Garlic: Has been found to lower your risk of certain cancers.

Blueberries: One of the richest sources of antioxidants, which can help fight off diseases.

Walnuts: Rich in omega-3!

Cocoa: Loaded with fibre, iron and magnesium.

Mushrooms: Shown to offer immune-boosting effects.

Sesame seeds: High in calcium and minerals. Delicious tossed through salads or as tahini in a wrap.

Kale: More calcium than milk and more vitamin C than an orange! Talk about a SUPER food.

Garlic: Has been found to lower your risk of certain cancers.

Broccoli: Has powerful detoxifying properties and is high in fibre.

Avocados: Full of the good fats. Not to mention creamy and delicious!

Beetroot: Full of nitrates – which lower blood pressure.

Lentils: High in protein & high in iron.

Bananas: Packed with potassium and good for your heart and brain!

Flax Seeds / linseeds: Loaded with omega-3. Add to smoothies for a healthy punch.

Almonds: Chock-full of vitamins and fibre for a filling, on-the-go snack.

Quinoa: Wheat-free and protein-full, quinoa is a hearty and healthy alternative to rice.

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SAME BUT BETTER

You can have a burger or you can have a burger that saves lives. We’ve put together a short list of some of our fave animal-friendly foods, but don’t stop here — there’s a huge range to explore. And go ahead and experiment with different flavours and varieties to find your own favourites!

BURGERS
Meatless burger varieties offer something for everyone. Veggie lovers can rejoice in patties made from beans, grains, and vegetables. They taste amazing!

FACT: High in protein with less fat than beef burgers.

YOGHURT
Dairy-free yoghurts are delicious and full of healthy probiotics. Soy and coconut yoghurts are commonly available and there are heaps of great flavours to try.

FACT: Contains healthy cultures just like dairy-based yoghurt without common allergens like lactose or casein and without any cruelty to mother cows and their calves.

PIES & SAUSAGE ROLLS
Quick and easy and an Aussie favourite, meat-free pies and sausage rolls can be found in the supermarket frozen section.

HOT DOGS & SAUSAGES
From BBQ snaps to bratwurst, there’s a range of great vegetarian sausages to enjoy.

CHICKEN & TURKEY
Try the wide variety of chicken and turkey-free tender pieces, roasts and schnitzels.

FACT: No birds were harmed and they taste just as good!

CREAM CHEESE & SOUR CREAM
Try non-dairy cream cheese on your breakfast bagel, or a dollop of plant-based sour cream in your burrito and find out how amazing these cruelty-free versions taste. Tofutti and King Land cream cheese are also incredible in dairy-free cheesecake. Yum!

MAYO
Just as tasty and healthier than the animal-based version, egg-free mayo is great on sandwiches or perfect for creating creamy dressings.

FACT: 99% fat free, 100% egg-free and cruelty-free.

CHOCOLATE
Got a sweet tooth? From soft, creamy white chocolate to rich and decadent dark chocolate, all your late night cravings and baking needs are covered with delicious dairy-free options.

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MARGARINE
You won’t believe it’s not margarine. No seriously, you won’t. Use non-dairy spreads for cooking, baking and spreading.

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MILK
Moo-ve over cow’s milk. Dairy-free milks, made from soy, rice, almond or coconut pack a mighty flavour and nutritional punch. Try a few to find the one that suits you. Some even come in chocolate, vanilla and strawberry.

FACT: Some dairy-free milks contain more calcium than cow’s milk. Nut milks also contain a wide variety of vitamins and minerals not found in dairy.

CHEESE
Smile and say “dairy-free cheese!” Top off your pizzas, burgers and pastas with the growing variety of animal-friendly cheeses.

FACT: Some dairy-free milks contain more calcium than cow's milk. Nut milks also contain a wide variety of vitamins and minerals not found in dairy.

NO LACTOSE
Different supermarkets stock different products. So go explore your local Coles, Woolies, IGA and organic stores. And if you don’t find what you’re after, ask them to stock it.
Quick. Easy. Cheap.

BAM!
BUILD A MEAL

It’s all good — you don’t have to be a master chef to create mouthwatering vegetarian dishes in the kitchen. With just a few simple steps and easy-to-find ingredients, you can serve up meals that will have all your friends begging for seconds.

Try a Fry’s ‘chicken’ burger patty or marinated tofu strips on your burger. Biocheese is delicious and 100% cruelty-free! Serve your burger with wedges or fries and your favourite sauces.
Try Biocheese or Vegusto Melty with all your fave veg pizza toppings.

Fry up balls made with firm tofu, onion, basil and breadcrumbs or buy pre-made ones from IKEA.

Marinate tofu in soy, black bean or sweet-chilli sauce for added flavour.

SOCIAL Q’S OF BEING VEG with Kathy Freston

I’m out all the time. So I’ve had to learn how to navigate a meat-eating world while sticking with my great love of vegan food. Here are some situations I find myself in, and my usual way of handling them:

DINNER PARTIES: I call my hosts in advance and let them know I’m vegan. “How about if I bring a dish or two so you don’t have to worry about me?” This way, they don’t get stressed out and they can try some of the food that I love! I also bring a gift of some non-dairy ice cream or vegan chocolate truffles, that way all of the guests can see vegans can be decadent too!

FAMILY OCCASIONS: I serve really traditional meals that I grew up loving so nobody feels like they’re missing out. Vegan chicken and non-dairy mashed potatoes, pizza with soy cheese and mock sausage, chilli made with black beans, and tacos with veggie protein crumbles rather than meat.

BIRTHDAYS: I bring vegan cupcakes or cookies, or a stack of dark chocolate bars to pass around and enjoy.

I can’t see your favourite meal? Plug it into Google, add the word ‘vegan’ and away you go!
Feel like upping your game in the kitchen? Try these delicious recipes that’ll astound your friends and family.

**Oh my!**

**PAD THAI**

**Recipe from SuperfoodSiobhan.com**

**You will need:**
- 100G THAI RICE NOODLES
- 200G PACK OF FIRM TOFU, WITH THE WATER PRESSED OUT & CHOPPED INTO SMALL CUBES
- 1 CLOVE OF GARLIC, MINCED
- 3-4 SPRING ONIONS, SLICED
- 3 CARROTS, JULIENNED OR FINELY SLICED
- 1 CUP MUNG BEAN SPROUTS
- 1 TABLESPOON OIL

**The sauce (mix it all together and tweak quantities to taste):**
- 1 TABLESPOON TOMATO PUREE / SAUCE
- ⅓ CUP WARM WATER
- 2 TABLESPOONS TAMARI SOY SAUCE
- ½ TEASPOON FRESH GINGER, GRATED
- 2 TABLESPOONS COCONUT SUGAR
- ⅛ TEASPOON CHILI FLAKES
- 2 TABLESPOONS LIME JUICE
- CHOPPED PEANUTS AND FRESH CORIANDER TO GARNISH

Prepare your rice noodles according to the instructions on the back of the box. It may say to soak them in boiling water or it may say to boil them in a pot.

Meanwhile heat the oil in a large frying pan and fry the tofu until lightly browned. Add the garlic and stir for 30 seconds. Add the prepared rice noodles, carrots and sauce and mix gently. Turn off the heat and fold in the mung bean sprouts and spring onions, then pour into bowls and top with fresh coriander and chopped peanuts.

Recipe from SuperfoodSiobhan.com
**Easy bean NACHOS**

- 1 BROWN ONION, DICED
- 400G CAN 4 BEAN MIX, DRAINED AND RINSED
- 1 SACHET OF GLUTEN FREE TACO OR FAJITA SEASONING
- 400G CAN DICED TOMATOES
- 1 TABLESPOON OIL FOR FRYING
- 1 MILD CASER MIKED TOMATO, CURLED
- 100G GRATED DAIRY-FREE CHEESE, TRY BIOCHEESE (OPTIONAL)
- 230G BAG CORN CHIPS
- PINCH OF SALT
- JUICE OF ½ LIME
- 1 LARGE RIPE TOMATO, CUBED
- 1 RIPE AVOCADO
- 1 TABLESPOON OIL FOR FRYING
- 400G CAN DICED TOMATOES
- 1 SACHET OF GLUTEN FREE TACO OR FAJITA SEASONING
- 400G CAN 4 BEAN MIX, DRAINED AND RINSED
- 1 BROWN ONION, DICED
- 1 MILD CASER MIKED TOMATO, CURLED
- 100G GRATED DAIRY-FREE CHEESE, TRY BIOCHEESE (OPTIONAL)
- 230G BAG CORN CHIPS
- PINCH OF SALT
- JUICE OF ½ LIME
- 1 LARGE RIPE TOMATO, CUBED
- 1 RIPE AVOCADO

Scoop contents of avocado into a bowl. Add lime and salt and mash well. Mix in the tomato chunks. Set aside.

Preheat oven to 200ºC. Make mashed potatoes. Fry onions and garlic in a skillet pan. Add the tomato paste, and the beans, and stir. Add a little bit of water, the salt and tomato pulp, and cook until thickened slightly. Remove from heat and place in baking dish.

Cook the pasta according to the package directions. Drain and set aside. Blend cashews with vegetable broth until very smooth.

Preheat a large, heavy-bottomed pan over medium heat and add 1 tablespoon of oil. Sauté the tofu along with the salt for 5 minutes or so, until slightly browned. Set the tofu aside. In the same pan, stir in the mushrooms and thyme and cook until the mushrooms are lightly browned. Add the wine, tomato paste, remaining ½ tsp salt, and pepper, stir, and turn the heat up to high. Let the wine reduce by about half (about 5 minutes). Turn the heat back down to medium. Pour in the cashew mixture. Stir until well combined and let it thicken slightly. Garnish with fresh parsley, if you like.

Recipe from MouthwateringVegan.com

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**Hearty SHEPHERD’S PIE**

- 400G TIN BORLOTTI BEANS
- 2 TABLESPOONS TOMATO PASTE
- 1 CUP TOMATO PUREE
- 1 ONION, VERY FINELY CHOPPED
- 2 CLOVES GARLIC, FINELY CHOPPED
- SALT TO TASTE
- A LITTLE WATER
- AROUND 5 MILK-FREE SAUSAGES, FRIED OR GRILLED, THEN CUT INTO SLICES AND SET ASIDE (TRY VEGIE DELIGHTS BBQ SAUSAGES)
- 1 CUP DAIRY-FREE CHEESE (OPTIONAL)
- OLIVE OIL FOR FRYING
- 400G FIRM MASHED POTATO. ADD MARG, SOY MILK & SALT FOR BEST RESULTS

Preheat oven to 200ºC. Make mashed potatoes. Fry onions and garlic in a skillet pan. Add the tomato paste, and the beans, and stir. Add a little bit of water, the salt and tomato pulp, and cook until thickened slightly. Remove from heat and place in baking dish.

Add grated ‘cheese’ on top of the bean mix, and add the cooked sausages on top of this.

Spoon mashed potato on top and place in pre-heated oven. Bake until mashed potato is golden on top. Serve and enjoy.

Recipe from MouthwateringVegan.com

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**Mushroom STROGANOFF**

- 225G PASTA (EG. PULSES)
- 14 CUP CASHEWS, SOAKED FOR AT LEAST 2 HOURS
- ½ CUPS VEGETABLE OR MUSHROOM BROTH
- 225G MUSHROOMS (SWISS BROWN OR BUTTON), THINLY SLICED
- 400G EXTRA-FIRM TOFU, IN BITE-SIZED PIECES (OR EXTRA MUSHROOMS)
- 2 TABLESPOON OLIVE OIL
- 1 MEDIUM YELLOW ONION, QUARTERED AND THINLY SLICED
- 1½ TEASPOON SALT
- FRESHLY GROUND BLACK PEPPER, TO TASTE
- 4 CLOVES GARLIC, MINCED
- 1 TEASPOON DRIED THYME
- ½ CUP DRY WHITE WINE
- 2 TABLESPOONS TOMATO PASTE
- CHOPPED FRESH FLAT LEAF PARSLEY, FOR GARNISH (OPTIONAL)

Cook the pasta according to the package directions. Drain and set aside. Blend cashews with vegetable broth until very smooth.

Preheat a large, heavy-bottomed pan over medium heat and add 1 tablespoon of oil. Sauté the tofu along with the salt for 5 minutes or so, until slightly browned. Set the tofu aside. In the same pan, stir in the mushrooms and thyme and cook until the mushrooms are lightly browned. Add the wine, tomato paste, remaining ½ tsp salt, and pepper, stir, and turn the heat up to high. Let the wine reduce by about half (about 5 minutes). Turn the heat back down to medium. Pour in the cashew mixture. Stir until well combined and let it thicken slightly. Garnish with fresh parsley, if you like.

Recipe from Isa Does It by Isa Chandra Moskowitz. Photo by Vanessa Riew.
“What about eating out?” you ask. Global cuisine can prove to be a treasure trove of vegetarian delights. And many fast food chains also offer veg options. Here are our top tips for ordering delicious meat-free meals wherever you go.

Whether you’re wanting to try somewhere new in your neighbourhood or discover good food whilst traveling, you can find veg-friendly restaurants just about anywhere using the Happy Cow app and website.

### Take me out

#### Foods from Around the World

- **Italian**: Veggie pizza (hold the cheese or with dairy-free cheese), pasta primavera, pasta napoletana, risotto.
- **Indian**: Dahl, vegetarian curries, veg samosas, mushroom bhaji, aloo gobi, vegetable dosa, roti.
- **Thai**: Pad Thai (hold the egg), veggie spring rolls, rice paper rolls, veg stir fry — try sweet chili and basil, lemongrass or cashew nut.
- **Mexican**: Bean burrito, taco or nachos without dairy. (Jazz it up with extra guac).
- **Middle Eastern**: Falafel wrap, hummus, vegetarian dolmades, veggie pide without cheese.
- **Chinese**: Tofu and veg stir-fries, vegetable dumplings, spring rolls.
- **Japanese**: Vegetable sushi roll, avocado roll, tofu roll, vegetable udon noodles.

### Fast Food Chains

- **Subway**: Ask for the veggie patty or veggie delight. Add fresh avocado for extra punch.
- **Grill’d**: Have a selection of veg burgers, which you can order without cheese and swap out the mayo for tomato relish.
- **Sumo Salad**: Offer a range of veg-friendly salads that are clearly labelled.
- **Mad Mex**: Try the veggie filling in a burrito or on nachos without dairy. Just ask them to hold the dairy.
- **Domino’s**: Order any of their veggie pizzas without cheese. Add your favourite toppings for your own unique flavour.
Thank you

You’ve taken the first step to a new, healthy, and compassionate you. It’s going to be an exciting and fun-filled ride! Remember, it’s all about progress, not perfection. If you ‘slip up’, stay cool. Just pick up where you left off and know that you are doing your best. Every step you take, no matter how big or small, is a step towards a kinder world. And with that attitude in mind, simply by living a happy, healthy lifestyle, you can become a walking billboard for cruelty-free living.

You are now a force for kindness, peace, and compassion. Now go out there and change the world!

Hungry for more?
Download your free e-cookbook and watch free online documentaries at: WhyVeg.com
A kinder world starts with us.

Animals Australia is Australia’s leading animal protection organisation. If you believe that all animals should be free from cruelty, join us at www.AnimalsAustralia.org

If you found this guide helpful, please pass it on or order copies for friends at WhyVeg.com/kit