

Meat-Free Recipes



Healthy Winter
Cooking

Why Meat Free?

Aside from being delicious meals full of fresh food, meat-free meals have many benefits!

It's good for
your
health

Replacing the meat in your diet with a variety of healthy, fresh produce can help to increase the minerals and vitamins you receive, making you look and feel better.

Further, a reduction in meat consumption can be expected to lead to a decrease in the incidence of heart disease, colorectal cancer, breast cancer and obesity.

It's good for
others

Nearly half of the world's cereals are being used for animal feed. The corn and wheat that we feed to our cattle, sheep and chickens, is food that does not make it onto the international market for people in poorer countries to purchase for themselves.

It's good for
the
planet

Eating less meat is one of the most effective things you can do to reduce your impact on the environment. If all Australians were to reduce their red meat consumption by just one 150 gram serving per week, we would save over six million tonnes of greenhouse gases in a year. This would be the greenhouse gas equivalent of taking an eighth of Australia's cars off the road.

It's good for
animals

The conditions many animals are subject to before they make it to our tables are appalling. Cows, pigs and hens kept in cages so small they can't move around, crowding with so many other animals that they live and breathe in their own excrement. Reducing the amount of meat we eat helps reduce the number of animals forced to live in such conditions.

For more information on these and other benefits of reducing your meat consumption, see www.arrcc.org.au/eat-less-meat

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Potato and Pumpkin Green Curry

1

Ingredients

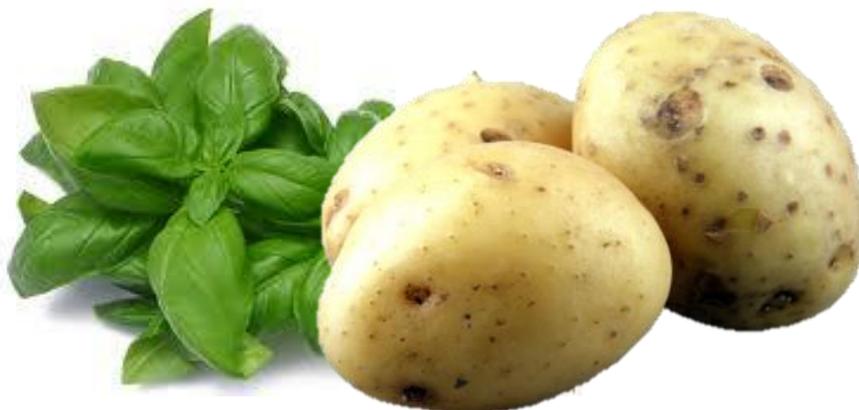
- 4 large organic potatoes, diced into bite sized pieces
- 2 cup of organic pumpkin, diced into bite sized pieces
- 2 heads of organic galangal, sliced.
- 2 red organic onion chopped finely
- 4 stalks of organic lemon grass, trim back the leaves and roots and leave large pieces to be cooked with the curry.
- Fresh organic beans sliced
- fresh organic chillies, sliced
- 2 tablespoons green curry paste
- 2 cans organic coconut cream,
- 3 tablespoons extra virgin olive oil
- 4 tablespoons soya sauce
- 1 tablespoon of organic brown sugar
- 8 fresh organic kaffir lime leaves
- 1 cup water

Method

- Add oil into a pot and fry the sliced galangal, lemon grass, lime leaf, chilli, onion and tomatoes and stir them constantly for 2 mins
- Add curry paste and 1 can coconut cream
- Add potatoes and water, covered with lid for 5 mins
- Add soy sauce, sugar and pumpkin and cooked for a further 5 mins
- Turn down the heat and simmer until potatoes are tender or 10 mins
- Add the coconut cream and bring to boil

Tips

- Grown your own herbs and save plenty of time and money
- Coconut cream is best for curry dishes not milk
- Organic Soy milk can be replaced coconut milk



Sweet Potato and Pumpkin Soup

2

Ingredients

- ½ pumpkin, cut into bite size
- 2 onions, peeled and chopped finely
- 2 sweet potatoes, washed and cut into bite size
- 1 fresh organic cauliflower, cut into bite size
- 5 tsp of mushroom soy sauce
- 1 stalk of Lemon grass
- ½ bunch of coriander, chopped
- 1 cup of fresh brown mushroom, sliced
- 3 tbsp veg BBQ sauce
- 4 Table spoons of oil
- 1 1/2 litres water

Method

- In a large saucepan, add oil, lemongrass and onion to brown
- Add pumpkin and sweet potato
- Add a ½ cup of the water and bring to boil for 5 mins with lid on
- Add veg BBQ and soy sauces and bring to the boil and simmer for 5 mins
- Add organic cauliflower and mushroom and bring to boil
- Add chopped coriander and serve straight away
- Enjoy!!

Tips

- Any green leaf vegetable, corn and/or beans can be used in this delicious soup



Tom Yum Tofu – Lao Style

3

Ingredients

- Bean curd/Tofu: 400g
- Tom Yum Paste: 3 tablespoons
- Pak choy: 200 g
- Basil: 1/3 cup
- Onions: 1
- Carrot: 1
- Chillies hot: 1
- Lemon grass: 2 stalks
- Kaffir lime leaves: 10
- Elephant ear stalks: 3
- Tomatoes: 3
- Water: 1 litre
- Soy sauce: 6 tablespoons
- Sugar: 1 teaspoon

Method

- Chop the basil fine, slice the chilli.
- Slice the onion into wedges
- Cut the tofu into bite sized pieces
- Cut the tomatoes in bite sized wedges
- Peel the elephant ears stalks, cut into bite sized pieces
- Cut the lemon grass into chunks and flatten with the knife.
- Slice the pak choy and carrot
- In a soup pot add the water, kaffir lime, lemon grass, soy sauce, tom yum paste, sugar and carrot; Bring to the boil and cook it for 3 mins
- Then add to the pot tofu, tomato, pak choy, chili, elephant ear, and basil
- Bring to the boil and serve hot



Vermicelli Noodles Hot Pot

4

Ingredients

- 300g Vermicelli Noodles
- 4 organic onions skinned and cut into strips
- 5 tablespoons Soy Mushroom Sauce
- 1 table spoon hot Curry Powder
- 1 Broccoli cut into bite sized
- 1 Carrot nicely sliced
- 2 tomatoes sliced/wedged
- 1 capsicum sliced
- 1 cup of Kale, cut into bite sized
- 1 cup organic home grown fresh herbs chopped
- 1 table spoon Chinese BBQ Paste
- 4 table spoons Olive Oil
- 3 cloves of organic Garlic crushed
- 2 cups of water

Method

- In a large pot, bring 2 litre of water to boil and add noodle to cook for 8 mins. Drain, cut with scissors into bite size pieces and set aside
- Brown the onions in the hot Olive oil first then add Garlic and all the vegetables, then Add Soy Mushroom Sauces and sprinkle Curry Powder and water, bring to boil with the lid on
- Add Vermicelli noodles
- Stir all ingredients well and cook for 2 mins
- Add the fresh herb and stir well
- Serve hot

Tips

- Sweet potato noodle can be used instead of Vermicelli Noodles. However, cook the potato noodle according to the instructions given on the package
- Indian curry powder is best for this dish
- Chinese BBQ paste can be purchased from most Asian groceries



Mushroom Rice

5

Ingredients

- 100g shitake mushrooms
- Half tsp pepper
- 1 onion
- 2 ½ cups of water
- 1 ½ cups of white rice
- 100g soya bean protein
- 3 Table spoons of mushroom soy sauce
- 4 Table spoons olive oil

Method

- Wash and soak mushrooms in 4 cup of water for 15 minutes and keep the water of from this soaking to cook rice
- Slice the mushroom thinly
- Peel and chop onion finely
- Chop soya bean protein finely
- Add olive oil in frypan along with mushrooms, onion and soya bean protein and fry for 8 mins
- Add washed rice and stir fry it for 5 mins
- Add mushroom soya sauce and add pepper.
- Add the water from soaking the mushrooms.
- Bring mixture to boil and add to the rice in cooker and set for cooking.

Tips

- If you don't have a rice cooker, cook the rice in a saucepan, on very low heat with the lid on until the water all disappears or when the rice is transparent and tender to eat.
- Cooking time for the rice depends on your cook top / rice cooker.



Curry Rice

6

Ingredients

- 1 tbsp curry powder
- 1 onion
- 1 tea spoon of aniseed
- 2 cups of water
- 1 ½ cups of white rice
- 4 tbsp mushroom soy sauce
- 3 tbsp olive oil

Method

- Peel and chop onion finely
- Add olive oil in frypan along with onion and fry until brown
- Add washed rice, curry powder and aniseed and stir fry it for 5 mins
- Add mushroom, soya sauce and water
- Bring mixture to boil and add to the rice in cooker and set for cooking.

Tips

- If you don't have a rice cooker, cook the rice in a saucepan, on very low heat with the lid on until the water all disappears or when the rice is transparent and tender to eat.
- Cooking time for the rice depends on your cook top / rice cooker.



Tofu Salad

7

Ingredients

- 2 "sausages" of Evergreen Brand Soft Silky Egg Tofu
- 1 Lebanese Cucumber, sliced
- 1 Apple, sliced
- 1 avocado, de-seed and sliced
- 10 tomato, cherry, halved
- ¼ cup of chopped Coriander
- 1 head of lettuce

Dressing:

- 2 Tablespoon of raw sugar OR Rapadura sugar or honey
- Juice of one lemon
- 4 tablespoon of Healthy Boy Brand Mushroom Soy Sauce
- 1 teaspoon of Vessimix Brand Vegetarian Chili Paste and Mushroom in Oil

Method

- Cut the tofu "sausage" packs at the ends and squeeze out the tofu. Cut the tofu into round slices of 5 mm thickness.
- Sliced the Lebanese cucumber and the apple into about 1 cm.
- Chop the Coriander
- Washed and place lettuce onto the plate, then tofu....
- Arrange the tofu and all other vegetables onto a plate with creativity/artistist talent
- Squeeze the juice of the lemon.
- Mix the soy sauce, sugar, chilli paste and lemon juice to create the dressing.
- Pour the dressing over the salad, and serve

Sweet Tofu with Ginger

8

Ingredients

- 2 boxes of soft silky tofu
- 2 cups of water
- 50g of ginger
- 1 cup of sugar

Method

- Cut tofu into bite size and place them into an individual bowls
- In a saucepan, bring water, sugar and ginger to boil and simmer for 3 mins
- Pour over the tofu and serve immediately.

About ARRCC

ARRCC is a multi-faith, member-based organisation of people from around Australia who are committed to taking action on climate change. Our members represent a variety of religious traditions. We believe that as people dedicated to the common good, inspired by our beliefs and energized by our spirituality, people of all faiths can and should be at the forefront of creating a safe climate. While celebrating the uniqueness of our different traditions, we stand together in working for an ecologically and socially sustainable future.

ARRCC's Vision

ARRCC envisages our nation embracing a sustainable future, one which is based on an ethical understanding of human prosperity and the flourishing of all living beings. To help create this, ARRCC aspires to influence all faith communities across Australia to actively engage with the challenge of climate change in their daily living.

ARRCC's Mission

Our mission is twofold, (1) to promote ethical, environmentally sustainable, healthy and contented lifestyles which respect the Earth's precious natural resources, and (2) to advocate for public policies which contribute to climate justice.

About Meat Free Day

Meat consumption connects with issues concerning global justice in relation to food, the compassionate treatment of animals, nonviolence, and health. All of the world religions, from their various perspectives, encourage protection of the environment, serving the needs of the poor, kindness towards animals and healthy living. ARRCC believes that people of faith, in their efforts to tackle climate change and create a sustainable way of living based on a more ethical understanding of human prosperity and the flourishing of all, should consider a reduction in meat consumption as part of a choice for a more ethical lifestyle.

Is this a vegetarian campaign?

The aim of the Meat-Free Day is simply to encourage people to reduce their overall meat consumption. Some people may consider becoming vegetarian, but even a small reduction meat consumption by a large number of people will greatly reduce the stress on our planet.

What about the farmers?

Advocating that we moderate meat consumption is not about shutting down livestock farming, nor is it a judgment on the lives and often hardships faced by farmers. We recognise that farmers' vocation is indispensable, as is their role in stewarding the land.

ARRCC's stated policy position is therefore, that farmers should be given incentives to reduce their emissions, and be offered training and resources to create alternative forms of income generation on their land, that do not have the same detrimental impacts.

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ARRCC

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