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## Vegetarian Eating Out

**Mexican restaurants** offer hearty bean burritos, tostadas, enchiladas, and tacos— all of which provide good protein. Cheese and vegetable quesadillas are delicious. Veggie fajitas (steamed and seasoned vegetables strips served with a thin tortilla and toppings of guacamole, salsa, sour cream, and cheese) are a good choice. Most beans (pinto, black, and refried) are now made with vegetable oil, but some restaurants may use lard, so confirm with the restaurant that no lard or meat seasonings, such as chicken stock or bacon, have been used. Nachos can be prepared with beans instead of meat. Spanish restaurants, found only in certain locales, are quite distinct from Mexican eateries and frequently have several vegetarian items.

**Fast food burger places** will often make a cheese sandwich if asked (a bun, cheese, lettuce, tomato, pickles). French fries are a standby, and onion rings, pitas sandwiches, salads, and some bread products are very often made with all lacto-vegetarian ingredients. Many better restaurant chains carry a vegetable or gluten-based burger on the menu. Most fast food restaurants have printed consumer-material that gives details on all the items on their menu.

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**Pizza** has many non-meat combinations of toppings. Many Italian restaurants offer a range of items such as fried mozzarella sticks (although please check the ingredients of the batter unfortunately sometimes they use eggs), spaghetti with meat-free marinara or alfredo sauce, and grilled portabello mushrooms. Check to assure that the pasta is eggless.

**Sandwich and subs shops** often have subs, veggie pitas and “wraps” filled with a variety of veggies, black olives, and cheese, and served either hot or cold.

**Greek or Middle-East restaurants** generally serve falafel ground, spiced, fried chickpea (garbanzo bean) patties that are served hot, stuffed into a pita, and topped with a smooth tahini sauce. Hummus and baba ganouj are also vegetarian alternatives. Add a Greek salad with chunks of feta cheese and ripe olives.

**Natural food restaurants** cater to vegetarians and will have a great assortment of dishes.

**Chinese restaurants** offer a wide variety of vegetable stir-fry dishes, and bean curd (tofu) specialties that can be made without meat or animal products. One delicious dish is fried

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tofu with broccoli in a scrumptious garlic sauce. It's out of this world! Other tasty Chinese dishes include vegetable lo mein and chow mein. In terms of appetizers, we can recommend vegetarian spring rolls (please check that the wrap is eggless) and scallion pancakes.

**Buffets and salad bars** are available at many mainstream restaurants. Many also have special dietary options which may include low-fat, heart-healthy, or vegetarian items.

**Indian restaurants** offer soups, side dishes, and many main courses that are strictly vegetarian. Some Indian restaurants are entirely vegetarian.

Learn more about the vegetarian diet and lifestyle including recipes. Join our VeggieFest page on Facebook. You don't have to be a vegetarian to join.

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## Is A Vegan Diet Healthy For Teens

A well-planned vegan diet can be a healthy dietary choice for anyone and at any stage of development. A vegan teen is no less healthy than a meat-eating teen. It's about making healthy food choices and teaching your teen how to make them.

Teens, who are expressing to their parents a desire to adopt a plant-based diet are for the most part quite proactive in educating themselves about veganism. In fact, it was probably during the course of learning about veganism that they independently made the decision to adopt such a lifestyle.

Whether it's out of concern for the environment, animal rights or health reasons more and more teens are announcing to their parents that they want to become vegans. If you are the parent of one of these teens there is no need to go into a fit. In fact, this decision could not have come at a better time. Sure you're concerned that making such a dietary change may negatively impact your teens' growth and development.

However, this couldn't be any further from the truth. A vegan teen is also a very health conscious teen. Therefore, a vegan teen will take greater care to adopt a well-planned diet

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over their meat-eating counterparts who are more likely to snack on pizza, hot dogs and sugary snacks instead of fruits and vegetables.

That said, the best way to respond to a teen who decides to become vegan is to be supportive. Educating yourself about this dietary choice may even help you become more health conscious about your own eating habits. We learn as much, if not more, from our children as they learn from us so why not let this be another opportunity to learn and bond with your teen.

Sure, as a parent you will still have some concerns such as whether your vegan teen will get the appropriate amount of vitamins and nutrients. Well whole grains, beans, lentils, tofu, nuts and veggie meats are all excellent sources of protein. Additionally, beans, cashews, raisins, spinach, tempeh and tomato juice are packed with iron. You might also be concerned about your teen getting vitamin B-12. No need to worry about that either because he or she can easily do so by eating fortified cereals, fortified soy milk or taking multivitamins. If that's not enough, numerous studies have shown that eliminating dairy products and meat, while eating nuts and whole grains will improve cardiovascular health. As

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you can see, this dietary transition is not the end of the world. Johnny will still be Johnny and Susie will still be the same Susie, just with improved cardiovascular health and lowered risk of contracting several other deadly diseases.

An unbalanced diet whether vegetarian or non- can be unhealthy. However, a vegan or vegetarian diet can effectively provide your teens' body with all the nutrients needed and it is relatively easy to plan a balanced vegan diet.

Amirah Bellamy is a Vegan Transitional Coach, Vegan Fitness Meal Planning Expert, and Author. To learn more about her fabulous Vegetarian Meal Plans and Healthy Eating eBook or to INSTANTLY grab her FREE Vegetarian Starter Kit go to [www.AmirahBFit.com](http://www.AmirahBFit.com)

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## Becoming a Vegetarian

The diet of human body consists of many different nutrients and these varieties of nutrients are required on daily basis to keep the human body healthy and full of energy. Becoming a

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vegetarian is one's own personal choice and this can be due to variable factors. So, keeping in view the required essential nutrients, we need to see the type of vegetarian one wants to come.

Make sure that you have selected a right diet that will provide your body the required nourishment that will keep your system function on an optimal level.

Becoming a vegetarian certainly involves your active contribution as what you have to eat to overcome the deficiency of required nutrients like zinc and iron that are rich in non-vegetarian diets, but some vegetables are rich in such nutrients too. It is therefore need a proper homework before planning to become a vegetarian as to what sort of diets you should include in your diet as a non-vegetarian. Your health is largely based on these nutrients and the proper amount of consumption is vital, especially for women.

The vegetarian lifestyle is nothing less than meat-based diet. It is healthy way to provide your body the required nutrition with a plant-based diet. He who succeeds in maintaining the balance between the essential nutrients on daily basis enjoys the healthy life. Either you are switching to vegetarian or to

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non-vegetarian; all you need to do is to make choice between what you take in and what you take out from your daily meals. For vegetarian, they meals usually include vegetables, seeds, nuts, whole grains, legumes and fruits. This diet of vegetarians is low in fat and cholesterol, but rich in fiber.

Normally you can classify vegetarians into four main classed depending on the diet they include in their daily meals.

- Vegan – This is the strictest form of the vegetarian diet. They exclude cheese, eggs, meat, fish, poultry and milk from their diet. In most extreme cases few vegetarian exclude honey and yeast as well from their diet.
- Lacto – This group of vegetarians excludes eggs, poultry or fish and meat from their diets, but majority of them include dairy products along with plant-based products in their diet.
- Ovo-Lacto – This group of vegetarians avoids eating poultry, fish and red meat but do eat eggs, and other dairy products.
- Flexitarians – They are also called semi vegetarians as they include plant-based products as a primary diet and occasionally include small amount of fish and poultry as their secondary diet.

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You need to know properly about your body system and its requirements before choosing any vegetarian diet plan. You have to keep your focus on metabolism, brain functions, digestion and your energy level and accordingly devise your diet plan, which will fulfill the requirements of your body and its functions to perform properly. Remember, only becoming vegetarian is not just enough, you have to be very careful about your body and its needs before sticking to any diet plan. Always prefer those products, which are enough to keep your body energy level up to the mark to perform daily house chores and keep your body fit and healthy.

You might also be interested in learning about Grow Climbers and Wall Shrubs in Small Garden and also Become a Vegetarian

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## Zone Diet – Vegetarian

Dispel the notion that Zone diet is meant only for those who eat non-vegetarian foods. If you are a vegetarian you can convert your diet into a Zone diet vegetarian meal. This

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excellent diet is not based on being vegetarian or non-vegetarian. It is purely a diet based on carbohydrates, proteins and fat, but in a precisely fixed ratio. The ratio is 40:30:30. In simple words your meal should consist of 40% carbohydrates, 30% fat and 30% protein. What makes up the protein portion is not the question.

If you need to know more about this, pick up Dr. Barry Sears' "The Soy Zone." Dr. Barry Sears, a former research scientist at the Boston University School of Medicine and the Massachusetts Institute of Technology, created the Zone diet.

### The Zone Vegetarian Diet

In the main, vegetarians consume carbohydrates more than they consume proteins. It is an incorrect notion that meals high in carbohydrates help in reducing weight and give you a healthy life. Diets high in carbohydrates lead to increased Insulin levels in your body which leads to gain and storage of fats. Vegetarians need to consume vegetable proteins to balance the carbohydrates they intake.

Your Zone diet needs to be in the Right Proportion and in the Right Portion. Not only should your diet be in the 40:30:30

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ratio but your meal portion also needs to be precise. That is why you get to consume your diet in the number of Zone blocks. Calculation of Zone blocks depends on your weight and height in addition to other minor measurements. An average male consumes, say, 14 Zone blocks and an average female 11 blocks in a day.

Assume an average Zone diet consists of:

- Skinless chicken or turkey breast (proteins)
- Black beans and Raw Broccoli (carbohydrates)
- Avocado and Macadamia nuts (fat)

To make this into a vegetarian Zone meal, all you need to do is replace the protein portion with Soybean based meat substitutes, such as Soybean hot dogs or hamburgers. Tofu, Soy-based products, Cheese, Nuts, and meat substitutes, such as seitan and tempah make for great protein substitutes for vegetarians. However, you need to be careful when selecting vegetables. Green beans, for example, have high protein and carbohydrate contents. If you opt for these, you may upset the carbohydrate to protein ratio. This is where you need to juggle your contents.

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## The Bottom Line

Make sure you use favorable carbohydrates and fats in your Zone diet vegetarian meals. Opt for fruits and vegetables that contain low starch, and avoid bananas and prunes due to their high sugar content. Use monounsaturated fat only. You can consume avocado, macadamia nuts, peanuts, almonds and shun butter, vegetable shortenings and creams. Use olive oil and peanut butter, instead.

It is worth repeating that Zone diets should be consumed in the Right Proportion and in the Right Portion. This is a wellness diet that will help reduce your weight and keep you healthy. It is never too late to make that lifestyle change.

The author has written thousands of website content articles on various topics.

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## Vegan Traveler Meal Planning Tips

Being away from home can make business travel and vacation challenging and stressful for anyone who's trying to eat healthy. This is particularly so for new vegans who are still trying to adjust to a diet without animal products but may have fewer alternatives than usual. However, given the fact that business travel is often necessary for our jobs, and most people enjoy going somewhere new for vacation, at least occasionally, how does the vegan or aspiring vegan deal with eating away from home?

Below are some tips for business and vacation situations:

1. Business travel—Eat as much healthy (whole-grain, low-fat and minimal refined sugar) vegan foods you can at those meals where you have the most control over the venue. For me that's breakfast, because lunch and dinner are often spent with colleagues or clients, and you're less likely to have a say over the venue or the menu.

Breakfast buffets at hotels are quite vegan-friendly, and they are probably the healthiest places to eat away from home. For

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example:

- a. Most salad bars have a wide variety of fresh vegetables and fruits. Just remember to stick with oil and vinegar dressing.
- b. Asian dishes (tofu, vegetable stir fry, rice/noodles, vegetable curry, porridge)
- c. Whole-grain cereal (hot or cold) prepared with soy milk. Note that oatmeal is usually prepared with dairy milk if you don't specify otherwise.
- d. Whole-grain breads (check to see whether they contain butter or eggs first)

If you have any doubts whether something is prepared with animal products, just check with the wait staff. And take a few pieces of whole fruit (banana, apple, etc) from the salad bar to eat as snacks later in the day.

If you are unfortunate enough to have to spend all of your meals with non-vegan co-workers during a business trip, be sure to let them know your vegan diet preferences, and suggest restaurants that are likely to have foods you will want to eat, too. The longer the trip, the earlier you should tell

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them, as you may find it hard to return to your vegan diet if you fall off the vegan wagon.

2. Leisure travel—Being a vegan, culinary travel takes on a whole new twist. It used to be that going somewhere foreign, you'd probably eat out 3 meals a day. And, if you're staying in a conventional hotel, often you have no choice. Rather than being at the mercy of the restaurants or room service, I highly recommend finding a room equipped with kitchenette, so you'll have the ability to cook some of your meals if you cannot find vegan-friendly restaurants.

A refrigerator in your hotel room is also essential for you to store and eat fresh fruits/vegetables. Ask the concierge at the hotel for directions to a nearby market to buy fresh fruits and vegetables, and try to carve out room for them among the mini-bar items. Again, the longer your trip, the more important it is to follow this advice.

If you don't like the idea of cooking for yourself while on vacation, by all means do your research ahead of time so you are prepared to have a vacation that is both enjoyable and healthy. For example, London has a great variety of vegan restaurants, as well as 100s of Indian restaurants that are

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typically vegan-friendly. Whereas other countries, such as Spain, are more meat-centric (you may have guessed when every restaurant in Madrid is ornamented with cow's shank in the window and/or hanging from the ceiling). Still, this shouldn't necessarily stop you if you're determined to see Picasso's Guernica.

3. What about times when you're not traveling far from home, but just have no time to cook healthy? It's difficult enough for one person, let alone two, to grocery shop, cook, and align their schedules perfectly to eat together on weekdays. Therefore, be sure have a list of vegan restaurants that are convenient to wherever you and whoever you're dining with may be. Decide how far you are willing to go out of your way to eat healthy, and plan ahead.

It would be great to eat at home all the time, especially when becoming vegan, but as busy people we often don't have control over the timing or even the location of travel. That's why it helps to get used to cooking and eating healthy at every opportunity. Then, when you're away from home, maintain consistency in your diet. You won't feel like eating just anything, but will be more motivated to make an effort to seek out and plan healthy meals.

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Originally from Washington, DC, metro area, I have lived and worked in Tokyo, Japan, for about 20 years. I was schooled in Journalism. but work in the Technology field. My hobbies are cooking, running, and photography. I also began learning saxophone a few years ago, but don't practice nearly enough...

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## Vegetarian Cheese

The term vegetarian cheese might sound redundant to you; after all, cheese is made with milk, which clearly can be obtained without killing an animal. What most people mean when they use the term vegetarian cheese is that the cheese was made with vegetarian rennet.

Some vegetarians are OK eating cheeses made with animal rennet, but many will seek out ones made with vegetarian rennet, especially since the latter are quite prevalent nowadays. So, in a sense, cheese can never be vegetarian because it leads to the indirect slaughter of animals for their meat.

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Vegetarians can still eat great cheese these chives from. Animal product milk is the basis of all cheese, but you don't take an animal's life when you milk it. True enough, but there is another component of cheese, one most people don't usually consider, that may render your beloved cheese a non-vegetarian product.

This coagulation, which separates the milk into curds and whey, is an important initial step in cheese making. Most commercial cheeses add an enzyme-based substance called rennet to help this process along. The enzymes in rennet are chymosin and rennin, but those two words are often used interchangeably, and many people, even cheese makers, just use the term rennet or rennin to describe any enzyme in cheese making that assists in milk coagulation. Historically, all cheese has not been made with rennet. Commercial cheese makers need to be able to replicate their products consistently and reliably, and it would be extremely difficult to reproduce the precise composition and strength of any given lot of stinging nettle solution or to know what quantity of dried sunflower powder to use per batch of milk.

First of all, some cheeses do not require rennet for production. These enzymes are important because they are the

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ingredients that cause milk to coagulate and eventually become cheese. Many cheese products produced in the United States do contain a coagulating enzyme derived from either beef or swine.

A few pure vegetarian vegan cheeses do exist, but are less similar to regular cheese in texture, and they do not melt quite the same. The first question one might ask is; what makes a cheese suitable or unsuitable for vegetarians? Cheeses can be made with any type of milk, and in the case of vegan substitutes, soya or rice milk, for example. The following simplified description for making cheddar cheese goes some way towards explaining the procedure. Many people may be surprised to learn that not all cheese is vegetarian.

What most people mean when they use the term vegetarian cheese is that the cheese was made with vegetarian rennet.

Thankfully, vege rennet is becoming increasingly popular and recent developments in the production of vegetarian rennet from non meat sources means that this trend is likely to continue. Vegetarian cheese melts well and can be used hot as well as cold. Cheeses that contain 'vegetarian rennet' or 'microbial enzymes' will be suitable for vegetarians. These

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are typically soft cheeses such as cottage and some cream cheeses. I have tried vegetarian cheeses before and I have been always been disappointed with the flavor and texture, so I wasn't expecting a cheese alternative that actually tastes delicious and feels right in the mouth.

Vege rennet can be made in a few different ways, but never involves killing an animal directly. There are vegetarian rennets derived from fungi, plants, as well as lab-created genetically engineered rennet that otherwise mimics the real thing. Cypress Grove are made with vegetarian rennet. Thankfully, vege rennet is becoming increasingly popular and recent developments in the production of vegetarian rennet from non meat sources means that this trend is likely to continue. Vege rennet is known as synthetic rennet, and one of the reasons this is popular with cheese makers is because the quality is consistent and the cost is low. In fact, the look, taste and consistency of cheese produced with vegetarian rennet is identical to that of cheese from non vegetarian sources. It is useful to make a note of different kinds of vegetarian rennet before shopping as this will help to make the identification of vegetarians safe cheese easier.

<http://www.vegetarianconcepts.com/>

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## A Guide to making vegan dishes

Opposite to popular belief, there are plenty of vegetarian dishes that are delicious and uncomplicated to put together. Vegetarianism is a wonderful strategy to follow healthier foods selections. Vegetarian dishes do not will need to become mundane and dull mainly because there are several techniques to prepare them. When preparing just one, the following guide will support you produce legitimate and fantastic sampling vegan dish.

Pay Interest towards the Label

You can not make veggie quality recipes with out understanding what form of ingredients completes all of them. You'll find vegan goods that may perhaps include gelatin along with animal oil, so make positive that each element around the tag continues to be totally checked. Vegan eating habits can be in opposition to dairy items, so make positive that the foods you've purchased are purely for vegans.

Stick to the identical Cooking Pattern

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Preparing vegan dishes doesn't need an entirely unique approach. The only difference may be the absence of meat. In any other case, it is possible to prepare a veggie dish just like you'd a meat recipe. Like a vegetarian, you require to be careful with your alternatives and make sure that you simply get the identical sort of nutrients that make up a balanced diet. You also will need to get the job done your magic inside your dish so it tastes as excellent as any meat recipe.

Easy may be Scrumptious

Just due to the fact your vegan dishes didn't require a sophisticated skill in cooking does not mean they are no very good. You just need to serve range just about every now and then to keep your family interested. A beneficial strategy to spice up steamed greens is to saut? them initial with fundamental seasoning prior to placing them in to the steamer.

Retain Hunger at Bay with Healthy Snacks

Although a vegan dish is not complex to put together, it might take an although to total it. To retain stomachs from growling, let your household feast on a healthy snack just before mealtime. Nuts, dried fruits, and crackers are a few of

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the best selections for snacks, particularly for kids.

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## Why Choose Vegetarian And Vegan Shoes

Vegetarian or vegan shoes are made using materials that are not derived from any animal products. This will include leather and even the glue that is often used to fix shoes together and is made from animal bones.

People wear vegan and vegetarian shoes for a number of reasons. For some it is part of a lifestyle choice which is combined with a preference for not eating meat either due for ethical or animal welfare reasons. For others it is more about the environmental impacts that are associated with the rearing of animals whose skins are used to make the leather and the

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tanning of the leather which uses a cocktail of damaging chemicals. For some people the choice of vegan shoes is about the choice to live a more healthy and chemical free life.

If you choose to wear vegan and vegetarian shoes you can be sure that animal will have suffered in any way in order to produce your shoes.

But aren't synthetic alternatives to leather damaging to the environment?

Yes many synthetic alternatives to leather have a significant environmental impact which includes the use of non-renewable resources (oil) to make them, the pollution caused by their manufacture and their inability to biodegrade at the end of their useful life. Whilst these alternatives may be acceptable for those who don't wear leather shoes purely because of animal welfare, it is difficult to say whether the different aspects of their environmental impact add up to more or less than that of leather. If you want to ensure that you are choosing the most eco-friendly vegan shoes you should look for the completely natural alternatives to leather. Specialist manufacturers of ethical shoes like Po-Zu Ecological Footwear make natural and biodegradable vegan shoes in a variety of materials including cork, natural latex, coconut husk and

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organic hemp.

So are vegan and vegetarian shoes as long lasting as leather shoes?

It depends on the type and style of shoe and the material that it is made from. It will also depend on how you look after the shoes. Hemp is incredibly strong and a good alternative to leather for casual shoes. It is also breathable and can be dyed many different colours. If the shoes are manufactured well and looked after they should last well.

Do vegan and vegetarian shoes look as good as leather shoes? This is all about individual taste. Many people like the look of leather and there are some leather alternatives that look almost identical to leather. However these are usually synthetic and so not great for the environment. Other alternatives to leather include wool, hemp and cork can be made into beautiful, stylish and fashionable shoes. There are plenty of styles available so you should be able to find some that you like the look of.

Vegan and vegetarian shoes are a great way to minimise your impact on the environment aprovided that you choose natural alternatives. You should shop around for great styles that are

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good to look at, hard wearing and long lasting.

This article was written by Ceri Heathcote.

Ceri is a fashion writer with a particular interest in ethical and eco fashion. She enjoys writing about a variety of topics from vegan shoes and natural footwear to sustainable accessories.

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## Live Longer And Healthier With Vegetarian Recipes

Vegetables are believed to be the healthiest foods that a person can eat. And especially with the tendency of meat and other meat-products tending to be processed artificially these days, the health risks posed are rising at an alarming rate. More people are therefore drastically changing their dietary habits by switching from the normal meat and junk based foods to meals with strictly vegetarian recipes.

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While there are literally hundreds of vegetarian recipes prepared by peoples from all over the world, below is an easy to make, yet very delicious, one that has its roots in the Middle East, Lebanon to be precise.

Kidney Bean Stew

Makes 5 large servings.

The ingredients:

1. 4 to 6 cloves of garlic (for a better taste): crushed
2. 1 large yellow onion : chopped
3. 1 large green pepper: chopped
4. 2 cups of sliced mushrooms
5. 1/2 cup of vegan cooking wine
6. 16 oz can of dark red kidney beans
7. 2 large potatoes: sliced and diced
8. 20 oz can of whole tomatoes

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9. A cup of Spanish olives

10. Assorted spices as required: salt, pepper and oregano, or any other spices, for decoration

11. 3 cups of cooked brown rice

#### Preparation

First sauté the garlic, onions, peppers, and mushrooms in the vegan wine until the onions start to become clear.

Add the tomatoes and kidney beans. You do not need to drain them ...throw it all in there

Next add the potatoes and if you love the taste of olives throw in the Spanish olives, and if you don't it will still be fine without it. Let it all simmer on low heat for about an hour while you make sure that you stir often and taste as you add the spices and oregano.

Finally serve the kidney bean stew over rice with some whole wheat pitas for dunking.

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If there is any, add leftover rice to the stew and refrigerate it, the taste is even better the next day.

### S&W Beans

What makes vegetarian recipes tasty, like anything that is a collection of elements, is the quality of the individual ingredients. And in the recipe above the main ingredient is the kidney bean. Therefore, it is imperative that the beans be of the best quality: fresh and organic. And for over 100 years, a San Francisco company has been producing and serving only the best in not only kidney but a dozen more varieties of beans. This company is S&W Beans.

*If you need to buy beans for the ingredients of your vegetarian recipes then make sure you go to the best in the business: S&W Beans. Visit us at: <http://www.swbeans.com/>*

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## Raising Kids Vegan – Is It Healthy

Despite what friends, family, corporate media, and many others may say there are numerous studies that have proven that you can raise healthy children on a vegan diet. In fact, the American Dietetic Association along with the Children's National Medical Center in DC and countless other well-respected professionals and organizations have asserted that a well-planned vegetarian diet is appropriate for people at all ages, including children.

That said, the notion that children raised vegan are not healthy is a fabrication to say the least. The fact is that children raised on a vegan diet eat more fruits and vegetables than non-vegan children. Moreover, when compared, vegetarian children get sick less often and have been found to be leaner, have a lower prevalence of obesity, lower BMI, and better lipid profiles. These findings have recently gained a lot of attention in lieu of the childhood obesity epidemic. Why?

Because they suggest that the meat, dairy and egg products consumed by non-vegetarian children have an associated risk of obesity while the nutrient, fiber rich diet of vegetarian

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children reduces their risk of becoming overweight.

The key to raising healthy kids on a vegan diet is good planning. Parents should ensure that their vegetarian child gets adequate amounts of Vitamin B-12, protein and minerals.

It is also advised that vegetarian children be given a varied diet including legumes, whole grains, tofu, nuts, seeds, and lots of fresh fruits, leafy green and other mineral-packed vegetables.

Vegan children grow to be well-adjusted, healthy, happy adults. You simply need to educate yourself on how to give them well-planned meals that provide them with all the vitamins, minerals and nutrients that they need to support their developing bodies. In today's information-based society that will not be a difficult task. Do some independent research, discuss it with your family physician and look to educate yourself about this natural dietary alternative until all your questions are answered and all of your concerns are put to rest. Rest assured though, the probability is very high that you will discover that raising your child vegetarian is one of the few viable healthy dietary options that still exists in this unhealthy world.

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Amirah Bellamy is a Vegan Transitional Coach, Vegan Fitness Meal Planning Expert, and Author. To learn more about her fabulous Vegetarian Meal Plans and Healthy Eating eBook or to INSTANTLY grab her FREE Vegetarian Starter Kit go to [www.AmirahBFit.com](http://www.AmirahBFit.com)

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