



Going Vegetarian – Online Resources and Helpful Links

1 Black Vegetarian Society of Texas

<http://www.bvstx.org/aboutus.html>

Great web site with lots of mouth-watering recipes, a kid's zone with articles on feeding vegetarian kids, and articles on "Why I Became a Vegetarian."

2 Vegetarian Soulfood

<http://groups.msn.com/VegetarianSOULFOOD>

This web site has so much information, including recipes and a message board, that you won't know where to start. From the web site: *Becoming and maintaining a vegetarian lifestyle should never be a lonely journey. If you are looking for a positive and supporting community join our family. You will find that we are a peaceful and non-judgmental community waiting to share and bless every new Brother and Sister. We are a group of vegetarians committed to the health and spiritual development of African Americans. As we all know, traditional African American recipes – while admittedly good tasting, are unhealthy. OK, so you want that "soul food" taste, the one you grew up with and can't help but desire....I'm hearin ya. You can actually have a great vegetarian meal "almost" like mama's cookin' – without meat.....spices are the key to getting that soulfood taste. The meat itself is actually pretty tasteless without all that "stuff" on it. So join in, learn, share, and make new friends.*



3 Black Vegetarians / <http://www.blackvegetarians.org>

Founded by Marya McQuirter and Tracye McQuirter, who became vegetarians in 1987. Tracye was inspired by a health lecture given by Dick Gregory and is a co-founder of the Black Vegetarian Society of New York. Tracye has a Master's degree in public health nutrition. Marya became vegetarian for health reasons. This web site has lots of recipes and good articles on how to transition from eating meat to being a vegetarian.

4 The Black Vegetarian Society of Georgia / <http://www.bvsga.org/>

Founded in 1997, the Black Vegetarian Society of Georgia is a nonprofit, membership organization that promotes a plant-based diet through education and support programs to address the disproportionate levels of chronic and degenerative diseases that affect African Americans. They meet monthly for informative lectures, cooking classes and theme potlucks. The group hosts the largest vegetarian food fair in Atlanta for the Great American Meatout in March and an annual Vegetarian Harvest Potluck in November.

5 Black Woman & Child / <http://nubeing.com/bwac/>

Black Woman and Child is an up-and-coming magazine dedicated to serving the interests of Black women who are or have been pregnant, plan to become pregnant, and/or have a child or children aged seven years and under. The Links & Resources section of this web site provides lots of links to articles on diet, positive pregnancy, and natural childbirth.



Recipes

BBQ Tofu Sandwiches *from Black Vegetarian Society of Texas web site*

Ingredients

One pound firm tofu
1/4 c. shoyu/tamari
2 T. vegetarian worcestershire
6 oz. your favorite beer
1/2 t. garlic powder
1 c. (plus or minus) your favorite BBQ sauce (read the ingredients, many contain traditional worcestershire)
1 onion, poppyseed, or other crusty rolls
dill chips, slaw, mustard or your choice of fixin's

Directions

Slice the tofu into 1/4" slices. Arrange the slices on a towel lined plate. Cover with another towel, another plate, and a skillet filled with water (or other suitable weight). Allow to sit for 15 minutes and repeat with dry towels. Dice the tofu into 1/2" pieces and place into a pie pan. Combine shoyu, worcestershire, beer, and garlic powder. Pour mixture over tofu and allow to marinate 2-3 hours. Drain. Arrange tofu on a cookie sheet sprayed with cooking spray. Place tofu under a broiler for 30-45 minutes, turning once. In a saucepan, combine tofu and BBQ sauce. Heat through. Serve on rolls with your favorite fixin's.

Vegan "Jiffy" Bread – *from Vegetarian Soulfood web site*

Ingredients

1 c. cornmeal
1 c. flour
1/4 c. sugar
4 tsp. baking Powder
3/4 tsp. salt
1/4 c. oil
2 tsp. vinegar
1 cup soymilk

Direction

Mix ingredients and pour in greased pan. Bake at 425° for 20 minutes. Voila! Jiffy bread just like your aunt used to make out the box, except VEGAN!

Cajun Red Beans and Rice Vegetarian – *from Vegetarian Soulfood web site*

Ingredients

1 lb. red beans or red kidney beans
2-3 Bermuda onions, chopped
2 cloves garlic, smashed and chopped
1 bunch scallions, chopped (including tops)
2 T. oil
1 bunch parsley, chopped
Several stalks of celery (including leaves), chopped
1/2 t. cayenne red pepper
6 to 8 c. steamed hot rice
Salt, to taste

Directions

Let the beans soak overnight in enough water to cover. Saute the onions, garlic, and half of the scallions in the oil. Rinse the beans and add to onions, stir well, and add about 6 cups of water and the celery. Let it come to a boil, then turn down and simmer for about 2 hours. Check as always with beans and add more water if needed. Toward the end of cooking time, stir and mash the softened beans against the edge of the pot to thicken them up. Add the salt. Serve the beans with a big bowl of rice (I use brown rice or wild rice) and a bowl of the remaining scallions.

Kweli's Vegetarian Greens – *from Vegetarian Soulfood web site*

Ingredients

2-3 pounds of greens or several large bunches (If you can't get them fresh, frozen will do)
1 stick of soy-based margarine
1 small onion
1 green bell pepper
2 garlic cloves
1 celery stalk
Spices to taste: black pepper, salt, red pepper, rosemary, oregano, basil, and thyme)

Directions

Make a spice mix by taking all vegetables and spices and mince in a food processor. Bring spice mix and margarine to a boil in a (6 quart) pot of water. Take the greens and separate the leaves (if fresh). Now rinse each leaf individually under cold running water. After you rinse the collard greens thoroughly, stack several leaves on top of each other. Roll these leaves together. Then slice the leaves into thin strips using a cutting board and large knife. Rolling them together speeds up the process as you are slicking through several leaves at once. Next, add your greens to the pot. Since this is a lot of greens, you will need to add them until the pot is full. Then allow them to wilt as they cook - then add more. Add your salt, cover and cook for thirty minutes on medium heat. Stir every few minutes to distribute the taste evenly. Taste to confirm they are the tenderness you prefer. If you used frozen collards, simply pour them - frozen - right from the package to the pot.

Tofu-Banana Pudding – *from Vegetarian Soulfood web site*

Ingredients

1 pack low fat firm Mori Nu tofu
2 very ripe small bananas
3/4 c. no fat soy milk
1/2 t. of stevia or 1/4 t. sugar
Murray Sugar-Free Vanilla Wafers for layering
Extra bananas for layering

Directions

Put all ingredients in food processor and pulse until creamy. Layer wafers, bananas, and mixture. Refrigerate for 2 hours. Serve cold.