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Category: Animal Rights/Ethical Issues

Subcategory: Animal Rights/Ethical Issues

Tip: Now on DVD "Fowl Play: The Untold Story Behind Your Breakfast"

The group Mercy for Animals has created an award-winning documentary on the chicken farming industry. Although, I haven't personally seen the film yet (it's not on Netflix), you can check it out further at www.FowlPlayMovie.com.

A press release from Mercy for Animals said:

"This groundbreaking film, which has earned rave reviews and top honors at over a dozen film festivals nationwide, takes viewers on an unforgettable journey behind the closed doors of some of the country's largest egg production facilities - illustrating the heartbreaking plight of laying hens.

"Propelled by touching interviews with animal rescuers, undercover investigators, veterinarians and animal behaviorists, *Fowl Play* brings us the inspiring stories of the kind and courageous people fighting to save the modern day hen - perhaps the most abused and exploited animal on earth.

"Connecting the dots between consumer demand for meat, dairy and eggs and the perpetuation of animal abuse, *Fowl Play* leaves viewers with a groundbreaking message of personal responsibility and the potential each of us holds to change the world - one meal at a time.

"This powerful film is now available on DVD for just \$10. Complete with bonus videos, this DVD is a must-have for every animal advocate and conscious consumer."

Category: Benefits of a Vegetarian Diet

Subcategory: Vegetarian Diet Tips

Tip: Second Best Vegetables

You will find that the vegetables on this list are not very common so don't be surprised if you don't find too many favorites here. Let's take a look at these.

Artichoke, Eggplant, Okra, Split Peas, Avocado, Celery, Chickpeas, Cucumber, Green Beans, Kidney Beans, Lentil Beans, Navy Beans, Radishes, Turnips, Zucchini

It looks like the majority of these vegetables are legumes, however they are actually vegetables if you recall my mentioning it in one of my previous blogs. Although all of these are not considered the cream of the crop as far as providing health benefits they are still very important to include in your diet. So, if you haven't been eating a lot of these it would be a good idea to start doing so. There are a lot of great recipes for the legumes that I will include later on.

Tip: Vegetarian Diet Can Prevent Impotence

Real men are vegetarians! OK, maybe not all real men are vegetarians but one of the biggest benefits of a vegetarian diet for men is that it can help fight impotence. Believe it or not, it has been proven that a diet with a meat base that is high in fat can curb a man's sexual appetite.

Fatty foods like chicken fingers and bacon cheeseburgers cause a higher body fat level which lessens testosterone levels--this can increase the chances of impotence. The reason? Lots of fat can clog the arteries, including arteries that pump blood to the penis. Arterial blockages are a major contributor to impotence problems today.

So, fellas, next time you're cruising through that fast food drive-through, pass on the cheeseburger and opt for a salad or yogurt parfait instead.

Category: Gluten Free Foods

Subcategory: Gluten Free Diet Tips

Tip: Improve Gluten Free Texture

A common complaint after preparing a gluten free recipe is that the texture of the food is unpleasant. Gluten free foods don't have to be texturally unpleasant, however. To improve the texture of gluten free baked goods. Try using one or more of the following additives: Xanthan gum Guar gum Methylcellulose Clear Gel

You can find most of these items at health food stores, specialty cook stores, or even available to order on some websites.

Tip: Sneaky Gluten

Beware of sneaky gluten! Even if you're certain that you are purchasing gluten free food, is it still gluten free when you eat it? Often times gluten free foods can become contaminated between the time they are purchased and the time they reach your lips. Here are some things to be weary of: When buying items in bulk out of bins careful. There is a risk of scoopers being switched and other items falling into other bins. Restaurants are another danger area, especially when ordering fried or grilled foods. The grill and/or grease is often contaminated with gluten from other products. Example: if French fries and onion rings are fried in the same oil, the gluten onion rings can contaminate the ordinarily gluten free French fries. If you live with others who consume gluten products, look for crumbs in things like butter and jelly. In addition, wipe down counters to keep areas free from crumbs. It's also a good idea to keep your own personal margarine tub and to buy condiments in squeezable containers.

Category: Holidays and Entertaining

Subcategory: Christmas and Thanksgiving

Tip: New Traditions

No matter what the holiday or special occasion, it helps to take the point of view that you're creating new traditions. What's new today, with time, will become tomorrow's tradition. You'll look forward to it just as you did the turkey, ham, or any other meat.

Tip: Observe Other Vegetarians

Take opportunities to share meals for special occasions and holidays with other vegetarians. It can be helpful to see what others serve. Many local vegetarian societies hold covered-dish get-togethers, restaurant gatherings, or catered events for holidays.

Subcategory: Entertaining Friends

Tip: Entertain Out

There are times when it may work well to entertain guests at a restaurant rather than in your home. That's especially true if you think that people's food preferences may be difficult to accommodate. At a restaurant, everyone can choose what they want.

Tip: Skip the Entree

There is no rule that says you must have an entree at all meals. Another option for adapting holiday meals or meals for entertaining is to simply not have a specific entree

at all. Instead, serve several interesting dishes, such as casseroles, quiches, or savory pies, along with salads, breads and desserts. Chances are good that no one will miss that piece of meat they are used to.

Category: Meat Alternatives

Subcategory: Tofu

Tip: Add Powdered Tofu for Vegan Protein

For extra protein in your diet, add 1/2 a package of silken tofu to smoothies or stir-frys. No one will notice the difference.

Tip: Grilled Tofu

For a tasty variation on tofu, try grilling it on your barbecue. Press firm or extra-firm tofu for 30-60 minutes to remove excess moisture. Brush with a mixture of soy sauce and sesame oil and grill, basting with the same mixture until browned, about 5 minutes per side. To prevent your tofu from sticking, brush your grill generously with oil beforehand.

Tip: Where to Find Soyfoods

The more popular soyfoods such as tofu, meat alternatives, soy sauce, soy flour and soybean oil, can be found in supermarkets. In natural and health foods stores you will find the greatest variety of soyfoods. Asian food stores carry most of those soyfoods used in East Asia. Several products, such as textured soy flour, textured soy protein concentrates, soynuts and soynut butter can be obtained through mail-order catalogs.

Category: Storing Vegetarian Foods

Subcategory: Tips About Vegetarian Food

Tip: Freezing Tofu

Yes, most of them can be frozen. For example, tofu desserts are good frozen or thawed.

Example: Place a small square of sweet tofu in the center of thawed phyllo dough and pinch the dough into the shape of a beggar's purse (the shape of a bundle carried on the end of a stick). Bake until the phyllo is golden brown. Serve with a hot peach and raisin sauce or an orange sauce. Sweet tofu can be frozen and served as a trio of

flavors, accompanied by frozen grapes.

Category: Vegetarian Appetizers

Subcategory: vegetarian appetizer recipe

Tip: Sun-Dried Tomato Pesto

Great served with crackers or fresh bread. 1/2 cup sun-dried tomatoes 2/3 cup fresh basil leaves 1/2 cup pine nuts 1 clove garlic, chopped 1 tbsp lemon juice 1 tsp nutritional yeast 1/4 tsp salt pinch pepper

Soak tomatoes overnight in 1 cup cold water. In food processor, blend ingredients until smooth. If the mixture is too thick, add 1-2 tbsp water or tomato juice.

Subcategory: Vegetarian Appetizers

Tip: Gourmet Vegetarian Appetizers: Stuffed Grape Leaves and Couscous Salad

Gourmet Vegetarian Appetizers are easy to prepare when using this Couscous Salad Stuffed Grape Leaves recipe. For a less labor intensive version, simply use the same great ingredients and shred the grape leaves into the mixture for a unique, healthy Couscous Salad recipe. Ingredients Fantastic Foods Organic Couscous 1 Large jar of grape leaves washed and drained 1/2 cup of pine nuts 1 small onion diced 1 small handful organic raisins 1/4 cup of walnuts 1 onion chopped fine 4 cloves garlic pressed 1/4 cup olive oil 1/4 cut fresh squeezed lime 1 tsp cinnamon 2 tbsp mint leaves & fresh ground 2 tbsp parsley leaves & fresh ground 1 tbsp sugar or honey [optional] Salt and/or Pepper [optional] Directions To prepare leaves. Cut off stems from each grape leaf and dip into rapidly boiling water until slightly soft or beginning to tender. Remove immediately and rinse with cold water. Set aside. Prepare couscous as directed then add pine nuts, onion, raisins, garlic, parsley, cinnamon, mint, salt and pepper. Mix well. Place leaf shiny side down and Spoon mixture into wide side of each leaf and fold or roll tightly. Line rolls side by side with the seam down in a saucepan. Add the olive oil, lime juice, and remaining ingredients and allow to bake or simmer on low heat until completely tender. Can be served hot or chilled and can also be frozen and served later.

Tip: Stuffed Tabouli Tomatoes: Vegetarian Appetizer

This quick and easy tabouli vegetarian appetizer can be made with large or small tomatoes for a formal or casual occasion. It's healthy, delicious and takes just a few minutes. For a unique appetizer, use a variety of organic heirloom tomatoes with

different colors, textures and sizes to assure that each and every serving is an experience of it's very own! Ingredients Fantastic Foods Tabouli Salad mix 2 medium sized tomatoes or variety of heirloom and/or small tomatoes. Several sprigs of Fresh mint leaves – ground 1 sprig Rosemary [optional] ¼ cup finely chopped parsley 2-3 cloves fresh garlic – crushed 1 lemon fresh squeezed 2 fresh scallions –diced small 1 tbsp olive oil Salt, pepper [optional] Directions Wash tomatoes and then cut off tops and remove seeds. Set aside. Prepare Tabouli as directed. Stir in all other ingredients except tomatoes and simmer until tender. Spoon mixture into tomatoes and bake until tender [approximately 15-20 minutes at 350F].

Category: Vegetarian Cooking

Subcategory: Preparation and Cooking

Tip: Be Prepared to Prepare

The key to preparing great meals, however, isn't just having the food, it's being prepared. There are some things that a good kitchen just shouldn't be without and the following list is composed of these things: 8" or 10" Chef Knife: A good chef's knife makes chopping all of those vegetables a cinch. Cutting Boards: Aside from providing a place to cut up all those veggies for those vegetarian dishes, a good chopping board can also help to keep your knives sharp. Dental Floss: It may sound silly but dental floss is a useful tool to have in the kitchen. You can use floss to cut things that are gooey or that stick to your knives. Potato Ricer: This handy tool can help you make perfect mashed potatoes and can help to prepare almost any root vegetable. Zip Lock Bags: These can be used to store leftovers or to make a pastry bag in a pinch. Scissors: Great for snipping fresh herbs and spices for that special sauce or to open tricky packages.

Tip: Chopping

If a recipe asks you to chop the ingredients, this means to cut the food into small, irregular pieces about the size of peas.

Tip: Rolling Pin Substitute

If a rolling pin isn't handy, try using a chilled, unopened bottle of wine with straight sides as a replacement. The weight and temperature of the bottle let you roll out your dough with very little effort.

Tip: Using Fresh Herbs

When cooking with fresh herbs, add them near the end of cooking time. Unlike dried

herbs, which are best added to cooked dishes early on, the flavors of fresh herbs stand out best when just picked and barely cooked.

Category: Vegetarian Diet A-L

Subcategory: C

Tip: Canola Oil

Canola oil is the market name for rapeseed oil. Mild flavored and lower in saturated fat than any other oil.

Tip: Cardamom

Cardamom (KAR-duh-muhm) is a relative of ginger native to India. This aromatic spice is used widely in Scandinavian and Indian cooking. It comes ground or in a pod containing small black seeds. The pods can be easily crushed with a mortar and pestle to release the spicy-sweet seeds.

Subcategory: D

Tip: Daikon

Daikon is a large, white Asian radish with sweet, fresh flavor.

Subcategory: F

Tip: Flaxseed Oil

Flaxseed oil is a tremendous vegetable source of essential fatty acids. Reports show 80% of Americans are deficient in essential fatty acids. Using cold pressed flaxseed oil on salads or other foods that are not cooked (you cannot cook with it because heat makes flaxseed oil rancid) can be a good addition to the diet and is recommended for anyone attempting to lose weight. The flaxseed, due to the significant amounts of omega-3 essential fatty acids, has recently been reported to help prevent and treat heart disease and prevent blood clots.

Subcategory: J

Tip: Jalapeno Chili

Jalapeno chilis are smooth, dark green chili peppers one to two inches in length with a

rounded tip. Seeds and stems are extremely hot and should be removed.

Subcategory: L

Tip: Lecithin

Extracted from soybean oil, lecithin is used in food manufacturing as an emulsifier in products high in fats and oils. It also promotes stabilization, antioxidation, crystallization and spattering control. Powdered lecithins can be found in natural and health food stores.

Tip: Lignin

Lignans are a plant version of the human hormone estrogen. Lignans have recently been shown to be important in preventing and fighting different types of cancer, especially breast cancer.

Category: Vegetarian Diet M-Z

Subcategory: M

Tip: Millet

Millet is a tiny, round grain that is yellow in color. Millet is used in Indian, African and some Asian dishes.

Subcategory: P

Tip: Pine Nuts

Pine nuts are seeds from the pine cones of certain evergreens. Their mild, pinelike flavor is enhanced by toasting. Also called Indian nuts, pignolias or pinons.

Subcategory: S

Tip: Soy Milk

Soy milk is a nondairy milk that may be used just like cow's milk, over cereal or in recipes. It comes in a variety of different flavors and either fortified or unfortified. It can also be purchased unsweetened. Be sure to use plain soy milk in savory recipes and save the vanilla for your sweet recipes.

Tip: Soybeans

As soybeans mature in the pod they ripen into a hard, dry bean. Most soybeans are yellow. However, there are brown and black varieties. Whole soybeans (an excellent source of protein and dietary fiber) can be cooked and used in sauces, stews and soups. Whole soybeans that have been soaked can be roasted for snacks and can be purchased in natural food stores and some supermarkets. When grown without agricultural chemicals, they are referred to as organically grown soybeans.

Subcategory: T

Tip: Tamari

Tamari is a naturally fermented soy sauce.

Tip: Textured Vegetable Protein

Textured vegetable protein is a fibrous-textured soy product that resembles meat. Available in granules (mince) or chunks.

Category: Vegetarian Food Tips

Subcategory: Vegan Diet Tips

Tip: "Juicy" Tips for Vegetarians

If you find that you are not eating enough vegetables on a daily basis, you might want to think about consuming them in drinks. Of course, it is more convenient to purchase vegetable juice already made however it is ideal that you create your own juices for more health benefits and you will also find that investing in a juicer will certainly pay off in the long run.

Here are a few ideas to create your own vegetables juices:

- 1) Carrot juice is probably the most popular flavor to drink. You can mix a variety of other vegetables such as celery, cucumbers, spinach, and kale with carrots. Also, try seasoning with some garlic and ginger that will give you something different for your taste buds. For a sweeter taste a sprinkle of cinnamon might just be the thing you need to satisfy your sweet tooth. No matter what you add to this drink just keep in mind that carrots are a wonderful source of beta-carotene and vitamin C.

2) Another very popular vegetable juice is Tomato. If you are looking for a different twist to plain tomato juice try blending celery, parsley, cucumber, and broccoli. You can experiment with other vegetables such as spinach and kale and keep in mind that the more vegetables you add the healthier the drink will be because of the nutrients that all these vegetables offer.

For more recipes ideas:

www.rawfoodlife.com/Products/Juicers/FREE_Juicer_Recipes/free_juicer_recipes.html

You can also use your imagination to come up with more creative recipe ideas for juicing vegetables. Preparing vegetable drinks is one of the best ways that you can take them in their raw state. It is best that you drink your juices fresh every time which means that you prepare them just before drinking. If you should have any juice leftover just remember that you must keep your juices preferably in canning jars in the refrigerator for no more than 3 days.

Tip: Check for Freshness

Always check the expiration date of your milk substitute. Even a shelf-stable, aseptically packaged variety won't stay fresh for much longer than a week in the refrigerator once it is opened.

Category: Vegetarian Fun

Subcategory: Vegetarian Fun

Tip: Vegetarian Celebs In Upcoming Movie "Brother"

Long-time vegetarians Tobey Maguire AND Natalie Portman star together in the upcoming movie "Brother." The movie is about a soldier who goes missing in combat, while in his brother tries to assist and protect his family back home. According to Examiner.com, this has "...consequences that will shake the foundation of the entire family."

Tobey Maguire and Natalie Portman are both active in the fight to promote animal rights and healthy eating and living. For example, Tobey Maguire recently wrote a letter to Speaker of the House Nancy Pelosi regarding the renewal of the Child Nutrition Act, which deals with, among other things, school lunches. Maguire, who is best known for playing Spiderman, wrote:

"My wife and I just had our second child, so this issue is tremendously important to us. Vegetarian school options are supported by the American Medical Association and the Physicians Committee for Responsible Medicine. Let me ask you please to ensure the Child Nutrition Act provides more fruits, vegetables, and healthy vegetarian foods. Young people deserve healthful food, and I can't imagine a better investment in the future of our country."

Portman, who is best known for her work in Star Wars, The Professional, and Garden State, wrote the following for The Huffington Post recently:

"The human cost of factory farming -- both the compromised welfare of slaughterhouse workers and, even more, the environmental effects of the mass production of animals -- is staggering...Factory farming of animals will be one of the things we look back on as a relic of a less-evolved age."

Maguire has been meat-free for 17 years, and Portman since she was a young child. Both actors have recently switched to a vegan diet. Portman said that she was partially motivated to switch after reading Jonathan Safran Foer's book "Eating Animals," which was discussed recently in this blog.

The movie Brothers opens in theaters across the country on Friday (December 4).

Category: Vegetarian Grocery Shopping

Subcategory: Vegetarian Entree Tips

Tip: Where to Buy Soy Products

The more popular soyfoods such as tofu, meat alternatives, soy sauce, soy flour and soybean oil, can be found in supermarkets. In natural and health foods stores you will find the greatest variety of soyfoods. Asian food stores carry most of those soyfoods used in East Asia. Several products, such as textured soy flour, textured soy protein concentrates, soynuts and soynut butter can be obtained through mail-order catalogs.

Category: Vegetarian Lifestyle

Subcategory: Vegetarian Lifestyle

Tip: Check Out the "Groovy Vegetarian" Blog

I subscribe to a number of vegetarian and animal rights related blogs like Animal

Person, Animal Rights Blog, and Groovy Vegetarian.

Groovy Vegetarian is one of my favorites. Missy, who manages the blog, posts a lot of entertaining, informative, and fresh content. She welcomes posts from outside sources. In fact, a lot of the content I pass on here is related to things I read on the Groovy Vegetarian Blog. For example, the \$5 annual subscription to Vegetarian Times magazine was news I got from her site!

Here are some of my favorite posts from Missy:

<http://www.groovyvegetarian.com/2010/01/31/top-vegetarian-cookbooks/>Top Cookbooks As Picked By Doctor Committee, Many Are Vegetarian

<http://www.groovyvegetarian.com/2008/06/18/real-girls-eat-meat-dont-think/>Real Girls Eat Meat, I Dont Think So Jessica!

<http://www.groovyvegetarian.com/2009/04/01/peta-founder-caught-eating-big-fat-w-hopper-wtf/>PETA Founder Caught Eating Big Fat Whopper!

Category: Vegetarian Lunch Tips

Subcategory: Recipes

Tip: Curry Sandwich Spread

This is a great sandwich filling with the look and texture of egg salad.

1 lb medium-firm tofu pressed

1/4 cup vegetarian mayo

1 tbsp chopped green onion

1 tbsp chopped fresh parsley

2 tsp tamari or soy sauce

1/2 tsp each of curry and chili powder

1/2 tsp nutritional yeast

1/4 tsp garlic powder

salt and pepper to taste

Mash tofu with a fork. Stir in remaining ingredients.

Tip: Spinach Salad

This is a great light lunch or addition to any meal.

1 lb spinach

1 medium red cabbage

1 cup apricots

6 tbsps oil and vinegar dressing

1/2 cup toasted sunflower seeds

Remove outer leaves and core of cabbage and slice finely. Slice the onion finely and cut the apricot into slivers. Wash the spinach, tear into bite-sized pieces and put into a serving dish. Add remaining ingredients, toss with dressing and serve.

Category: Vegetarian Nutrition

Subcategory: Food for Health

Tip: Dietary Fiber

Dietary fiber promotes regularity, helps control caloric intake and promotes weight loss. It may also reduce the risk of certain cancers and cardiovascular diseases, and help people with diabetes control their blood sugar.

To increase your fiber in your diet, try switching to whole grain cereals and breads. Snack on dried fruits, and add raisins to baked goods. Cook and eat fresh produce with the skin on whenever possible. Eat legumes such as beans and lentils.

Soluble fiber also known as roughage, is found in whole-wheat grain cereals, pasta, bread and in the skins and seeds of some fruits and vegetables.

Insoluble fiber is the kind that keeps us regular. It works by absorbing water and speeding up the passage of waste through our intestines. This prevents constipation and may reduce the risk of certain ulcers. veral times a week in soups, stews and as side dishes.

Tip: Find Out Your Fat Limit

Here is an easy way to calculate the maximum amount of fat you should consume daily. For a diet of 30% fat calories, divide your ideal body weight by 2. For example, $120/2=60$. If your ideal body weight is 120 pounds, your total daily fat intake should be 60 grams. If you want to consume 20% fat calories, divide your ideal weight by 3.

Tip: Nutritional Benefits of Apricots

Apricots are a great source of beta-carotene, vitamin C, potassium and iron. And at only 50 calories for 3 apricots, they are also a dieter's dream.

Tip: Soy Milk

Soy milk can be used just as you would use cow's milk. Read the label, it says it all. Try the milk in question, you can tell fresh soy milk from spoiled one, don't worry!

Tip: Soy Protein and Tofu

Soy protein is protein from soy beans, same as fish protein is protein from fish. Tofu is a kind of soy cheese, so it is not a simple nutrient but a prepared food containing more than just protein. Nutrients in tofu: Amount Per 1 cup Calories 93.94 Calories from Fat 19 Total Fat 2.11g Saturated Fat 0.235g Polyunsaturated Fat 0.921g Monounsaturated Fat 0.36g Sodium 10.98mg Potassium 259.86mg Total Carbohydrate 15.3g Protein 3.93g % of recommended daily allowances: Calcium 10 % Iron 9 % Thiamin 1 % Riboflavin 1 % Niacin 1 % Folate 8 % Vitamin B-6 7 % Phosphorus 7 % Magnesium 8 % Zinc 5 % Copper 12 %

Tip: Vegetarian substitutes for eggs

There are, quite a few. For 1 egg, you can take one of the following: 2 tbsp corn starch 2 tbsp arrowroot flour 2 tbsp potato starch 1 tbsp soy powder + 2 tbsp water 1 tbsp soy milk powder + 1 tbsp cornstarch + 2 tbsp water 1 banana = 1 egg in cakes 2 Tbsp Peanut butter - 0.9

Category: Vegetarian Recipes

Subcategory: Easy Vegetarian Recipe

Tip: Portobello Tacos

2 cups chopped Portobello mushrooms 1 cup chopped broccoli 1/2 cup chopped carrots
1/2 cup sliced onion 1 teaspoon olive oil 1 cup chopped lettuce 1/3 cup chopped tomato
1/2 cup guacamole (optional) 4 - 6 flour tortillas

Fry up the onions, mushrooms, broccoli, and carrots in olive oil. When cooked to tenderness, remove and make up tortillas with veggies, chopped tomato, lettuce, and guacamole. Tortillas may be warmed up ahead of time in the microwave or on a stovetop pan.

Category: Vegetarian Sauces

Subcategory: Vegetarian Sauces

Tip: Simple and Delicious Tomato Sauce

1 Tbsp olive oil 1/2 small onion, chopped 4 cloves garlic, minced (or more if you want) 4
28oz. cans of crushed tomatoes 1 28oz. can of tomato sauce 1 Tbsp dried oregano 3
bay leaves

In a large soup pot, heat the olive oil over medium high heat. Add the chopped onion, and cook until the onion is tender about 2 or 3 minutes. Add the garlic, and cook briefly. Be sure not to burn the garlic. Add the tomatoes, tomato sauce, oregano, and bay leaves. Stir everything together, then turn the heat to medium low, and simmer for 4 hours, stirring occasionally. Remove the sauce from the heat, and serve over pasta or spaghetti squash*. Freeze leftover sauce.

*To prepare spaghetti squash, cut it in half lengthwise, remove the seeds and boil until tender. Take a fork and run it along the cooked squash to release the spaghetti-like strands.

Note: Suitable for Vegan diet

Category: Vegetarian Soups

Subcategory: Vegetarian Soups

Tip: Vegetarian Chili Dogs: Fun Food

Here is a quick and easy 10 minute lunch or dinner that even your teen can make on their own: vegetarian chili dogs! Simply prepare your favorite vegetarian or meat free franks or hotdogs and pour Fantastic Foods vegetarian chili over it. Garnish with fresh diced onion, relish and cheese [non vegan] for a hearty, healthy vegetarian alternative to fast food. It makes a great lunch or dinner for busy teens without the fat and cholesterol.