

TEXT SUPPLEMENT (Ch 10): Two Vegetarian Recipes Providing Nutritionally Complete Proteins

In Chapter 10, we describe vegetarian diets and some of their benefits. For those students interested in trying vegetarian cooking, we offer the following recipes. The first recipe obtains nutritionally complete protein by combining the lysine-poor protein of rice with the lysine-rich protein of milk. The milk

makes it a lactovegetarian recipe. The second recipe combines corn (rich in valine but poor in lysine) with beans (poor in valine but rich in lysine). It is a strictly 'vegan' recipe that avoids all animal products. Both recipes call for seasoned vegetable stock; vegetable bouillon may be substituted if desired.

Carrot and Onion Soup (Serves 4)

3 tablespoons margarine
pinch tarragon
4 to 5 medium carrots, grated
1/2 cup rice
1 medium onion, minced

4 cups seasoned stock
1 teaspoon salt
1 to 1 1/4 cups hot milk
croutons (optional) Chili con Elote (Serves 6)
3 tablespoons oil

Heat margarine in a heavy pot or pressure cooker and gently sauté carrots, onion, salt, and tarragon for about 5 minutes. Add rice and stir into mixture. Add stock and cook until rice is very well done, about 45 minutes (only 25 with a pressure cooker). You may want to sieve the soup or puree it in a blender; I puree only half, so that some chewiness is left. Return it to the pot and add milk to your preferred consistency; do not let it boil. Add a pat of margarine and serve with croutons.

The author of this recipe also writes:

This soup is simple yet has a unique quality that makes it a favorite with my family and with guests. I like it especially because I almost always have the ingredients on hand. Any homemade bread would make this soup into a special supper. I cut the carrots and onions into big chunks and reduce them to tiny slivers in the blender.

Chili con Elote (Serves 6)

1 cup fresh corn
 4 cups cooked kidney or pinto beans
 1 onion, chopped
 1 clove garlic
 1/2 teaspoon chili powder
 1 green pepper, diced

1/4 teaspoon cumin powder
 2 cups vegetable stock
 1 1/2 teaspoons salt
 1 cup chopped tomato *or* 2 tablespoons
 tomato paste
 1 teaspoon oregano

Elote means 'corn'—a colorful and tasty addition to a traditional favorite.

Sauté onion and garlic clove in oil until onion is soft. Discard garlic clove. Add green pepper.

Sauté another 2 or 3 minutes. Add stock, tomatoes, and corn. Mash 2 cups of the kidney beans and add to pot along with whole beans and seasonings. Simmer 30 minutes. If too watery, remove cover and cook another 10 minutes.

Source: Carrot and Onion Soup from Lappé (1982), *Diet for a Small Planet*, 10th anniversary edn, p. 301. New York: Ballantine Books. Chili con Elote reprinted with permission from *Laurel's Kitchen*.

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