



Vegetarian Recipes: 100 Easy & Quick Vegetarian Recipes (100 Murray's Recipes Book 14)

Kate Murray

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100 Best Vegetarian Recipes in the Last Book of this Series!

This is the 14th Edition in the new Cookbooks series:

"100 Murray's Recipes"

Vegetarianism /v?d??t??ri?n?z?m/ is the practice of abstaining from the consumption of meat (red meat, poultry, seafood, insects and the flesh of any other animal), and may also include abstention from by-products of animal slaughter.

Vegetarianism can be adopted for different reasons. Many object to eating meat out of respect for sentient life. Such ethical motivations have been codified under various religious beliefs, along with animal rights. Other motivations for vegetarianism are health-related, political, environmental, cultural, aesthetic, economic, or personal preference. There are varieties of the diet as well: an ovo-vegetarian diet includes eggs but not dairy products, a lacto-vegetarian diet includes dairy products but not eggs, and an ovo-lacto vegetarian diet includes both eggs and dairy products. A vegan diet excludes all animal products, including eggs, dairy, beeswax and honey. Some vegans also avoid animal products such as leather (and possibly silk)

for clothing and goose-fat for shoe polish.

Various packaged or processed foods, including cake, cookies, candies, chocolate, yogurt and marshmallows, often contain unfamiliar animal ingredients, and may be a special concern for vegetarians due to the likelihood of such additions. Often, products are reviewed by vegetarians for animal-derived ingredients prior to purchase or consumption. Vegetarians vary in their feelings regarding these ingredients, however. For example, while some vegetarians may be unaware of animal-derived rennet's role in the usual production of cheese and may therefore unknowingly consume the product; other vegetarians may not take issue with its consumption.

Semi-vegetarian diets consist largely of vegetarian foods, but may include fish or poultry, or sometimes-other meats, on an infrequent basis. Those with diets containing fish or poultry may define meat only as mammalian flesh and may identify with vegetarianism. A pescetarian diet has been described as "fish but no other meat". The common use association between such diets and vegetarianism has led vegetarian groups such as the Vegetarian Society to state that diets containing these ingredients are not vegetarian, due to fish and birds being animals.

I am confident that these recipes will help you meet the weekend with a smile.

Enjoy Your Meal!

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