

MEATSTINCTION

MEAT PRODUCTION IS RESPONSIBLE FOR MORE ENVIRONMENTAL DEGRADATION THAN ANY OTHER SINGLE INDUSTRY.

Livestock production is one of the **primary drivers of wildlife extinction** and a leading cause of **climate change, pollution** and **deforestation** worldwide.



You have at least three chances a day to fight Meatstinction.



Going meatless only one day per week saves more greenhouse gas emissions than eating an entirely local diet.

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Beefless GHOUlsh

Contributed by [VeganMos.com](#)

- 2 tablespoons oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 tablespoon kosher salt
- ½ tsp black pepper
- ¼ cup paprika
- 2 packages Gardein Beefless Tips (or your favorite brand of meatless crumbles)
- 2 cups water, divided
- 2 beefless bouillon cubes
- 1 lb yellow potatoes, diced into ½ inch cubes
- 2 large carrots, peeled and sliced ½ thick



Heat oil in a large pot over medium-high heat. Add the onions and sauté until soft, about 7 minutes. Add the garlic, salt and pepper and sauté 1 minute. Reduce heat to medium-low and add the paprika. Stir to coat everything and cook for 1 minute. Add the beefless tips, raise the heat to medium-high and sauté for 5 minutes. Add 1½ cups of water and bullion cubes. Cover and bring to a simmer. Allow to simmer for 5 minutes. Add potatoes and carrots. Cover and simmer for 20 minutes, or until the vegetables are soft. Stir occasionally and add more water as needed. You don't want all the liquid to cook off, but you don't want a soup either. Just add enough so the vegetables can simmer and nothing sticks to the bottom of the pot. Serve over pasta or in a bowl with a nice crusty bread.

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Monster Crunch

Contributed by [VeganMos.com](#)

- 36 saltine crackers (1 sleeve)
- 1 cup non-dairy butter
- 1 cup packed light brown sugar
- ½ teaspoon vanilla extract
- 2 cups dairy-free semi-sweet chocolate chips
- ½ cup orange and black sprinkles (or colored edible beads)



Preheat oven to 350° F. Line baking sheet with aluminum foil and lightly spray with non-stick spray. Place saltines, salty side up on the prepared pan. Set aside.

In a saucepan, boil the butter and sugar for two minutes over medium-high heat, stirring constantly. Remove from heat and stir in the vanilla extract.

Pour mixture over the crackers, making sure they all get covered. Bake in preheated oven for five minutes.

Remove from oven and cover with the chocolate chips. As the chips begin to melt, spread the chocolate evenly over the crackers. You can place the pan back in the oven for a minute or so to help them melt faster.

Sprinkle the sprinkles or colored beads on top of the melted chocolate.

Cool slightly and then transfer onto wax paper to cool completely.

Once cooled, separate into individual bars and serve. Store leftovers (if there are any) in an airtight container.

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Watermelon GHOSTpacho

Contributed by [VeganMos.com](#)

- 2 pounds seedless watermelon, cubed
- 10 ounces fresh pineapple, cubed
- 2 mangoes, diced
- 1 tablespoon white vinegar



Place all ingredients in a blender.

Pulse until mostly smooth with only a few small bits remaining. You want to leave a little texture and not have a completely pureed mixture.

Pour into storage jars and chill for at least an hour before serving.



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It's the Great Pumpkin Bread

Contributed by [VeganMos.com](#)

- 3 cups all purpose flour
- ½ teaspoon salt
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 1½ cups sugar
- ½ teaspoon cinnamon
- 1 cup vegetable oil (or ½ cup oil and ½ cup unsweetened applesauce)
- 15 oz can plain pumpkin (do not use pumpkin pie filling as that is spiced.)
- 1 cup water
- 1 cup dairy-free chocolate chips



Preheat oven to 350° F. Lightly grease two 9 x 5 bread pans, or one tube/bundt pan and set aside.

In a large bowl, sift together the flour, salt, baking soda and baking powder and set aside. In another large mixing bowl, combine the sugar, oil, cinnamon and pumpkin with a hand or stand mixer on medium speed until evenly blended, about one minute.

Alternately add the dry mixture and the water to the wet mixture, a little at a time on lower speed until all of the dry and the full cup of water are mixed in. Gradually increase the speed to medium and mix until thoroughly combined, about two minutes.

Add the chocolate chips and mix at medium for another minute. Divide the mixture evenly into two greased bread pans, or pour into one tube/bundt pan.

Bake at 350° F for 40 minutes for loafs, or 70 minutes for a tube pan, or until a toothpick comes out dry from the center.

Cool for 10 minutes on a wire rack in the pan. Remove from pan and allow to cool completely before serving.