

# The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Publication

supporting human health, animal rights, and ecology

Volume 12, Issue 1, Jan - Mar 2001

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## Public Lectures

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The Bragg Healthy Lifestyle:  
You are what you eat, drink,  
breathe, think, say, and do"  
January 10

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Vegan Cooking  
Demonstration  
February 14

**John McDougall, MD**

"Hazards of High  
Protein Diets"  
March 14

## Ask Dr. Klaper

Michael Klaper, MD

Dear Dr. Klaper,

*I was advised by my health practitioner to do a "gallbladder flush," which consists of drinking 16 ounces of olive oil followed by a 1/2 pint of lemon juice. I am a vegetarian, and gallstones run in my family - my mother and two aunts all had them. Do you feel this "gallbladder flush" would be a good idea?*  
S.G.



Dear S.G.,

In my opinion such a technique is probably useless and in some cases even hazardous.

The oil/lemon juice combination has been used for over 200 years to convince people that they have cleansed their gallbladder of gallstones. If you were to ingest such a mixture, the following morning you would probably observe thick chips of whitish materials in your feces. Your health practitioner would likely believe that their therapy was effective and tell you that the whitish chips were "broken up gallstones." In reality, both you and the practitioner would have witnessed a physiological parlor trick...

As all first-year chemistry students learn, when you combine a fat with an acid, the fat turns into soap - a classic saponification reaction. The "broken up gallstones" in the feces are actually chips of olive oil soap created in the intestine by the action of acid (the citric acid in the lemon juice) upon fat (the olive oil). To those unaware of the underlying chemistry, the appearance can look like a spectacular cure, when it is in fact merely an illusion. (Incidentally, this is probably where the term "snake oil" got its reputation, as this stunt has been employed by patent medicine purveyors since days of old. The "snake oil" that "broke up the gallstones" was really olive or similar oil, and those who perpetrated this "soapy" ruse were justifiably labeled "snake oil salesmen.")

From the preceding, you can see why I believe that the gallbladder flush is without benefit to health. The element of risk - and even danger - enters when there are gallstones in the gallbladder. The gallbladder is a small sac on the undersurface of the liver, just below the lower front margin of the right rib cage. The gallbladder stores bile between meals and

(See Ask Dr. Klaper on page 12)

# President's Message

Alida Rutchick, MEd

**A**loha, fellow VSH members. This last quarter of the year 2000 we held our second annual volunteer recognition dinner.

## The Island Vegetarian

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Call, write, or email for a free back issue. Visit the web site at [www.vsh.org](http://www.vsh.org) for newsletter archives and more.

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Mahalo to all our volunteers...

The opinions expressed in this newsletter are those of the writers and do not necessarily reflect those of the Vegetarian Society of Hawaii.

Again we met at the Legend Vegetarian Restaurant (formerly the Buddhist Vegetarian Restaurant) and enjoyed a delicious vegan dinner, compliments of VSH. Approximately 20 people attended; as always, we invite any interested members to become more involved with the tasks involved in running our organization and in helping to spread the vegetarian message. Many thanks are extended to Marcia Deutch, former VSH Board member and current non-Board VSH consultant, and to Dr. Karl Seff, VSH Board member, for organizing this enjoyable event.

I hope many of us had the opportunity to participate in the vegetarian Christmas Day and New Year's Day dinners at Guaranga's Krishna dining facility off the Pali Highway, site of the very successful VSH pre-Thanksgiving dinner this year (see article on the next page). We feel fortunate to have this resource in our community and appreciate the discount to current VSH members now offered there.

March is National Nutrition Month, and we are glad that the importance of what we eat will gain national attention. During this month expect to see posters of a food pyramid that will recommend consuming amounts of meat, dairy and eggs. These recommendations position the animal products toward the top, narrow sections of the pyramid, however, and bring us significantly closer to what VSH believes is the optimal way for us humans to eat. The recommendations implied in the older four food



groups (meat, dairy/eggs, fruits/vegetables, and grains), which were a product of paid advertising by the interested meat, egg, and dairy industries, have, happily, been replaced by the pyramid. To us as vegetarian advocates and educators, this is an encouraging step in

the right direction. Recently I was asked by a health professional if I as the Vegetarian Society president could obtain for her a supply of the food pyramid poster. I guess to her, food was food, and nutrition was nutrition. I'm sure you can anticipate my response. As politely as I could, I pointed out that a vegetarian society wouldn't promote or have access to materials that included meat-eating, that our organization could, however, provide copies of the new four food groups (whole grains, fruit, vegetables, and legumes) poster developed by the Physicians Committee for Responsible Medicine. (My offer was not accepted.)

The month of March also includes Great American Meatout Day on the 20<sup>th</sup> a day to promote the ideals of the vegetarian movement (human health, animal rights, and protection of the environment) and to encourage our non-vegetarian friends to experiment with this diet and way of thinking. (For a free Vegetarian Starter Kit or an Action Pack, call 1-800-MEATOUT, or visit [www.meatout.org](http://www.meatout.org)).



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# The Vegetarian Dog and Cat

Elaine Johnson, MBA  
Animal Rights Hawaii

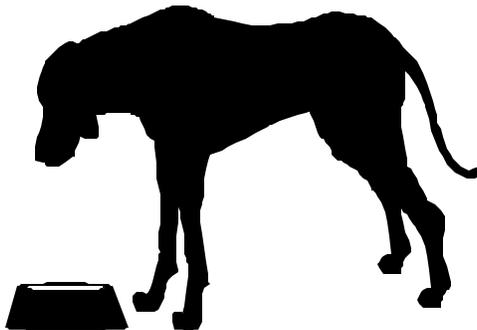
Despite popular belief, dogs and cats can go vegetarian. If you are sick of having your meat-free kitchen exposed to animal products that feed your pets, you may want to consider a diet change for them.

I have had some experience using these diets with both dogs and cats. I can tell you from personal experience that it is relatively easy to change a dog's diet to one of the non-meat kibbles or canned foods currently on the market, with some minor adjustments. Cats, however, are another story. Unless they are indoor cats and you switch them at a fairly young age, it is virtually impossible to do this. There is the valid argument that while this diet could be considered somewhat natural to dogs, who are omnivores, it is not the natural diet of cats, who are carnivores. Then again, however, eating fish, especially from cans, is not natural to cats, but many do it.

When using a vegetarian diet for your cat or dog, it is necessary to supplement the diet with a couple of amino acids. People for the Ethical Treatment of Animals (PETA) did a study a few years ago on vegetarian dogs. They



found that long term vegetarian dogs were in better general health than non-vegetarian dogs, and that the 12 lifelong vegetarian dogs studied were all in good to excellent health. Some problems that did crop up were a tendency toward alkaline urine, which could be corrected with cranberry capsules as needed and extra supplementation of l-carnitine and l-Taurine to prevent heart disease (cardiomyopathy). The authors noted that dogs on meat diets also had a tendency to be deficient in these amino acids, apparently as a result of the meat processing procedures commonly used. Digestive enzymes seemed to be a helpful addition for some of the pets. I know of no such similar studies on cats, but we do know that it is



mandatory to supplement a vegetarian cat's diet with Taurine to avoid blindness. You can order a product called Vegedog and another called Vegecat, which claim to supplement all the nutritional needs in an easy to use powder that is mixed with the pet's food. These products may be found at the following website: <http://www.montanasat.net/vegepet/orderform.html>

Another resource on vegetarian dogs is a paper by the Vegetarian Society of the U.K.

Whenever you change a pet's

diet in any manner, it is advisable to slowly add the new food and remove some of the old gradually in order to avoid digestive upset. And as always, consult your veterinarian before making any significant diet change.

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## Thanksgiving Eve Dinner Held

Elaine Johnson, MBA

The VSH Thanksgiving dinner was a great success and a tribute to healthy, cruelty-free dining. Approximately 200 people attended four seatings at Guranga's Restaurant at the Hare Krishna Estate in Nuuanu. We would like to thank the Krishna staff, who created a truly delicious vegan meal, consisting of goodies such as gluten turkey with cashew gravy, nutloaf that tasted of fresh peppers, and much more. Amazingly, the folks at the temple were not overwhelmed by our numbers, although they had expected significantly fewer guests; they managed to keep the buffet table brimming and people and cars moving with skill and efficiency. We hope the event will become our newest VSH tradition!



# Vegetarian Resolutions

Helen Wells, MA

Even if you don't read this article before New Year's Day, you can still make a Vegetarian New Year's Resolution (use the Asian New Year's Day of Jan 24 if you miss the Western one.) Why not make a new Vegetarian Resolution? Here are some suggestions/examples. Pick one or more, or make up your own.

## I resolve to...

- ? eat more \_\_\_\_\_ (leafy green vegetables, fresh vegetables, local produce, organic produce, etc.)
- ? stop eating \_\_\_\_\_ (chicken, fish, oysters, eggs, cheese, junk food, overly large portions, carbonated sodas, etc.)
- ? make my own fresh-squeezed juices
- ? whenever I eat out, ask restaurants to add more vegetarian dishes to their menus.
- ? be more active in the vegetarian movement
- ? become a VHS volunteer
- ? share my ideas of vegetarianism with at least one other person each week
- ? buy a book about vegetarianism or vegetarian cooking every two months or subscribe to an informative vegetarian magazine
- ? cook a gourmet vegetarian meal for my friends and family
- ? take a class about vegetarian cooking/lifestyle
- ? buy the brands of groceries that use no or the least packaging
- ? carry my own bags to the grocery
- ? walk to the grocery and other places whenever possible
- ? recycle my newspapers to the SPCA
- ? organize my kitchen
- ? maintain a strict vegetarian or vegan kitchen
- ? socialize more with other vegetarians
- ? read labels on products thoroughly
- ? buy cruelty-free cosmetics
- ? stop playing "don't ask don't tell" with tempting, obviously egg-laden pastries
- ? participate in a community clean up, or adopt an area near where I live to periodically clean up
- ? attend lectures on vegetarianism
- ? invent new vegetarian dishes
- ? try a new fruit or vegetable each week
- ? try a new style of vegetarian cooking each month (Mexican, Egyptian, Thai, Vietnamese, Indian, etc.)
- ? write down my favorite vegetarian recipes, print them up in a booklet and give them to my friends
- ? try to get public institutions that offer meal services to accommodate vegetarians
- ? donate money/time to charities that endorse vegetarian lifestyles (religious, philosophical, cultural)
- ? mentor a friend who is trying to become a vegetarian
- ? plant a vegetable garden in the yard
- ? grow tomatoes in pots on the lanai.



## Let's Cook!

Here are some vegetarian (vegan) cooking classes coming up over the next few months. *Please call the numbers listed for details on times, fees, and registration.*

### Kapi'olani Women's Center

Phone Call-a-nurse @ 535-7000.

**January 20: GREAT GREENS**  
(ways to prepare and serve greens)

**February 10: IT'S A WRAP**  
(using tortillas, spring roll wrappers, leaves, etc.)

**March 31: POWER UP WITH PLANTS** (culinary quick tricks especially for those on the go; ideas for plant-based dishes to fit an active lifestyle)

### Lyon Arboretum

Phone 988-0456.

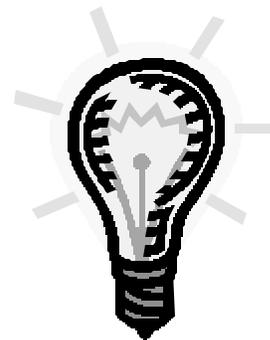
**March 3: WRAP IT UP** (mix and match fillings with different kinds of wrappers and sauces)

**April 21: JUST DESSERTS**  
(eggless/dairyless baking – and other dessert ideas)



# Science Corner

William Harris, MD  
VSH TV coordinator



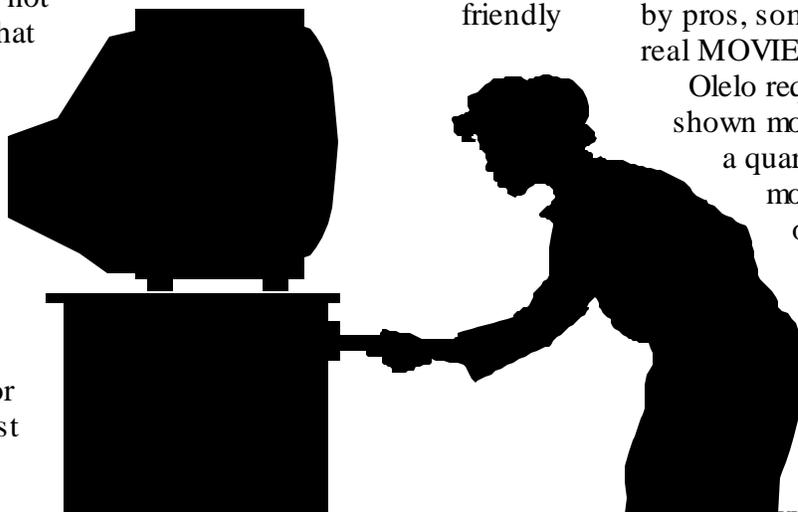
## WHAT? Me Program a VCR?

For the past eight years the Vegetarian Society of Hawaii (VSH) has had a weekly show on public access TV (Olelo). Not infrequently after I tape a lecture someone will come up and ask me to make them a duplicate. "Sorry," I say, "but you can do it yourself." How? Well, if you have a TV, you probably also have a video cassette recorder (VCR). An apparently little known feature of the VCR is the recording timer. The manual that came with your VCR explains how to program this. Unfortunately the manual is usually written in a language that did not originate on Earth, and that may explain why many VSH members and an embarrassing number of VSH Board members have not yet learned how to program their VCR's.

Not for an instant would I suggest that anyone stay home, stay up, or miss the NFL playoffs just to watch our humble weekly show listed as "VEGETARIAN" in the TV guide. However, it is possible to unscramble the inscrutable, and if you apply yourself for probably less than a week, you can learn to set your VCR so that it will record the show automatically while you are frolicking at the

beach.

Hitting "menu" on my VCR remote displays the VCR menu on the TV screen. Another hit on "menu" brings up "Program 1", and successive hits on "Select" allows me to set the recording date, time, channel, and recording speed. By hitting 9 on the number pad, I can record the show weekly. Another hit on "menu" gives me a chance to set the present date and time so that when I finally back out of the process with a triumphant smile on my face, I can retire with the happy thought that I will never miss another thrilling episode of "VEGETARIAN" (your VCR may turn out to be less user-friendly



than that, but you get the idea).

Presently there are 56 tapes in the VSH tape collection, most of them made locally. Not many of them are Academy Award quality, but some are pretty good and all are informative. They show on cable channel 52 from 7:00-8:00

PM on  
Thursdays.

If you let your trusty VCR work its wiles, you'll eventually have a chance to see or at least scan most the speakers we've had since 1993, and some of them were pretty sharp cookies. You can take revenge on the ones you don't like by recording over them.

As of 11/21/00, Animal Rights Hawaii (ARH) also has a weekly half hour show at 11:30-12:00 p.m. on Tuesdays, channel 52. The ARH shows are mostly done on the mainland and cover many of the same topics but, unlike the local production crew of Me, Myself, and I, were done by pros, sometimes employing real MOVIE STARS!

Olelo requires that no tape be shown more than three times in a quarter, so every three months I haul four new ones out to 1122 Ma-punapuna St. and try to recover the remains of the last batch. Then I send out a notice of the putative schedule to the VSH web

manager ([www.vsh.org](http://www.vsh.org)), Veg-HI (e-mail: [Veg-HI@waste.org](mailto:Veg-HI@waste.org)) and to all the ships at sea. Our show gets bumped whenever the city council has a nosebleed, but that shouldn't concern you now that you've learned to program your VCR.

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# Love Those Legumes!

Eileen Towata, PhD

They're nutritious. They're loaded with protein, complex carbohydrates, iron, calcium, B vitamins and more. They're inexpensive as well. But let's not forget that they just plain taste great, too! Detractors might say they're too time-consuming to cook, but this argument "isn't worth a hill of beans," as the old saying goes. Dried legumes don't have to take up much of your precious meal preparation time if you learn how to select certain quicker-cooking, no-soak types.

Before we get into a discussion of these, you might want to check out a pressure cooker. Although I've not invested in one myself, I've heard and read that using one of these is a great way to drastically cut the cooking time of many kinds of beans. Sally and Martin Stone, authors of *The Brilliant Bean* (a non-vegetarian cookbook), include a handy chart of cooking times for many beans. According to the Stones, unsoaked kidney beans, for example, take about 25 minutes to cook in a pressure cooker compared to 1 hour (preceded by 4 hours of soaking!) by more conventional means. Before you invest in a cooker, however, investigate its capabilities and ease of use – be sure you'll be able to cook what you want with the results you expect! Local cooking stores and supply shops should be a good place to start your search.

So back to those "legumes in a flash" for the cook who doesn't want to try a pressure cooker or

resort to using canned or frozen beans all the time. The timesaving "quartet" of dried beans features split mung beans, lentils, split peas, and black-eyed peas. No soaking is needed, and cooking times range from about 15 minutes to an hour. The largest of the group, the black-eyed peas, will take the most time to cook. Their slightly firm texture after cooking makes them ideal for use in salads. They remain a favorite staple in Southern style cooking (maybe you can come up with your own creative combination using that other Southern favorite, cooking greens such as collards). On the other end of the cooking spectrum, at about 15 minutes, we can place split mung beans. Check for them in Asian markets or in bulk at health food stores. They will cook down quickly, becoming very soft. This makes them ideal for use in soups, especially if you like thick soups. Some lentils also cook in a similar time frame. The brightly colored red lentils become quite soft and make excellent additions to soups and stews. Their flavor is rather mild and works well with a variety of spices to create satisfying dishes in short order. Brown lentils, readily available in many grocery stores, take longer to cook and have a rich taste. Excellent in soups, they also work well in salads and as the main ingredient of a vegetarian "burger." For the latter uses, cook them a little less so that they remain firmer. Lentils are reputed to be among the most ancient cultivated legumes and they are used in a variety of ethnic dishes, so it always amazes me that I never encountered them until a visit to a vegetarian restaurant in Honolulu some 20+ years

ago. With the delicious lentil soup on the menu that evening, it was love at first bite and they have been a pantry favorite of mine ever since! Visit gourmet shops if you are a lentil-lover and you may be rewarded with other types to try in your cooking as well.

Although I didn't encounter lentils while growing up on the mainland, split peas were familiar ingredients. The green split peas were often used to make a thick soup and I imagine that many of you may have had that kind of soup in pre-vegetarian days. These days my split pea soup is a much kinder and gentler creation, with its flavor coming from the lovely split peas themselves and an array of seasonings! Don't forget about yellow split peas, too. Similar in price and cooking time, they do have a flavor of their own and a golden color that is a nice change of pace.

If you want to try some of these legumes in your own kitchen, here are a few ideas. Enjoy!

***Family Reunion: Four members of the cabbage family (Cruciferae) come together in this hearty stew-like dish. Garnish with some colorful vegetables like grated carrot before serving!***

*1 large onion, diced  
2-3 cloves garlic, minced  
4-5 large mushrooms, cleaned/  
chopped  
3-4 cups vegetable stock  
1 cup broccoli florets  
1 cup cauliflower florets  
1/2 small head of cabbage,  
chopped (about 4 cups)*

*(See Family Reunion on page 16)*

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# Questions from Teens

Helen S. Wells, MA

**M**y day job is that of substitute teacher for a local high school and a local middle school. When students find out I am a vegetarian, they ask me many questions. Especially in the high school there are students who have -- generally on their own impetus -- adopted this diet and are eager to learn more about the practical aspects of being a vegetarian. Following are some of their questions and my responses.

**Q. How do you eat in the school cafeteria?**

A. I don't. I find it much easier and less stressful to pack a lunch every day.

**Q. What do you carry for lunch?**

A. I am not very picky about what I carry for lunch as long as it is vegetarian and enough to fill me up. I have a few small Tupperware containers that I keep handy. I find leftovers or fresh raw vegetables like carrots and tomatoes, and I load them into one of the containers. I also pack some kind of bread or crackers, some kind of nuts, and some kind of fruit. I also pack a bottle of water or apple juice. I plan ahead for my week by making sure I have plenty of apple juice and purified water. I use the same plastic bottles over and over until they wear out.

**Q. Can we see your lunch box?**

A. My lunch box is a hi-tech thing with wide adjustable straps, bought at Long's for about \$8. After I pack my lunch in the

morning, I put the box in the refrigerator to get it cold. Then I grab it on my way out. It only takes me about ten minutes to put together my lunch.

**Q. What foods do you eat when you go out with your friends?**

A. I like cheeseless, vegetable pizzas with extra tomato sauce. I like the vegetarian sandwiches (minus the mayonnaise) from Subway. I like tofu dishes and vegetable fried rice dishes (with no egg) in Chinese restaurants. I like bean dishes at Mexican restaurants that don't use lard. I'm not afraid to get an appetizer and eat that as a meal if there aren't any vegetarian entrees on the menu. For picnics I like to take avocado sandwiches and fruit such as grapes or oranges.

**Q. What do you eat at home?**

A. I love to eat fresh fruits at home -- bananas, local oranges and tangerines, papayas, and mangos. I also love to eat exotic fruits when I can get them. I love fresh vegetables like tomatoes and cucumbers. I make tomato sandwiches using Nayo-naise and multi-grain bread. This year I have been making a lot of pasta dishes, which are like artwork to me. I enjoy cooking dried beans, peas, and rice on the weekend.

**Q. Is your husband a vegetarian, too?**

A. He is "in transition;" that means that he eats vegetarian most of the time, and there are certain meats he will not eat at all. At home he doesn't eat meat.

**Q. You don't even eat fish?**

A. No. In fact, two years ago I went to a vegetarian restaurant

on Guam that specialized in vegetarian dishes that tasted just like fish. I couldn't eat what I ordered because it tasted too fish-like. I think that once you've been a vegetarian for a few years, the taste of meat and fish doesn't appeal to you and can actually gross you out.

**Q. What do you do for Thanksgiving?**

A. Some years my husband and I get together with other vegetarians and have a vegetarian pot luck. If I go to a non-vegetarian Thanksgiving, I put plenty of salad and vegetables like potatoes and corn on my plate. I bring along a vegan pumpkin pie and some French bread or rolls and make sure that I get some of those. Sometimes I eat a vegetarian sandwich ahead of time so that I'm not hungry if they don't have vegetarian food.

**Q. Isn't it hard to be a vegetarian?**

A. I became vegetarian in phases, so it was hard for only 2-3 weeks for each kind of meat I gave up. I also continue to read about vegetarianism so that I don't forget why I became a vegetarian. I have a good vegetarian cookbook in a prominent location in my kitchen to inspire me, too. I am a member of VSH, so I get to talk with other vegetarians. And I learn a lot about being a vegetarian by studying food labels at the natural food stores.

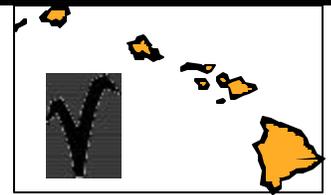
**Q. Why did you become a vegetarian?**

A. Because I don't want to take the life of animals for my food.

*(See Questions on page 11)*

# Calendar of Events

January—March 2001



January 10

**Patricia Bragg, ND, PhD**

**“The Bragg Healthy Lifestyle:  
You are what you eat, drink,  
breathe, think, say, and do”**

Dr. Bragg just returned from a year-long tour of spreading health and fitness. Her father, Paul C. Bragg, originator of health stores, and Patricia wrote “The Miracle of Fasting,” a book that has been #1 in Russia for 14 years.

The women’s winner of the 2000 Honolulu Marathon (a Russian) follows the Bragg Healthy Lifestyle. She broke all the women’s records for the Marathon. Also, Dave Scott, 5-time winner of the Ironman Triathlon, follows the Bragg teaching.

February 14

**Madana Peatross**

**Vegan Cooking Demonstration**

Local vegetarian caterer Madana Peatross will demonstrate some of her more popular vegan recipes. Mary Arakaki, VSH Board member, will moderate.

March 14

**John McDougall, MD**

**“Hazards of High Protein Diets”**

“The Atkins’ Diet works by causing the body to go into ketosis, which naturally occurs when people become seriously ill. That is one reason I call this the “Make Yourself Sick Diet.” Another reason is the animal foods consumed on this diet are the cause of our most common diseases.



“The Zone diet is a semi-starvation diet that cannot be followed by even its founder Barry Sears. The only hope for people for a satisfied appetite, permanent weight loss, and great health is a plant-food based diet.” John McDougall, MD

## Dates to Remember

**Jan. 14—Albert Schweitzer’s Birthday**

*“Until he extends his circle of compassion to all living things, man himself will not find peace.”*

Albert Schweitzer

**Jan. 15—Martin Luther King’s Birthday observed**

*“I know that justice is indivisible: injustice anywhere is a threat to justice everywhere.”*

Martin Luther King, Jr.

**Feb. 14—Pet Theft Awareness Day** 

**Feb. 18—President’s Day**

*“I am in favor of animal rights as well as human rights. That is the way of a whole human being.”*

Abraham Lincoln

**Feb. 27—Spay Day**

**March is National Nutrition Month**

**March 20—Great American Meatout**

Monthly public lectures are held at the Ala Wai Golf Course recreation facility, second floor, 404 Kapahulu Avenue, 0.2 miles behind the Waikiki-Kapahulu Library, beginning at 7:00 p.m. Unless otherwise indicated, all lectures are free and open to the public. Call 808-944-VEGI or visit [www.vsh.org](http://www.vsh.org) for more information.

**Remove and post this page on your bulletin board.**

## Books

The (Almost) No Fat Cookbook (Bryanna Clark Grogan).....	\$10.95
The (Almost) No Fat Holiday Cookbook (Bryanna Clark Grogan).....	\$12.95
Animal Connection (Agatha/Calvin Thrash, M.D.).....	\$6.95
Cook Healthy Fast (Dick Allgire).....	\$15.95
Cooking with Natural Foods (Muriel Beltz).....	\$14.95
Diet for a New America book (John Robbins).....	\$14.95
Eco-Cuisine (Ron Pickarski).....	\$16.95
Fabulous Beans (Barb Bloomfield).....	\$9.95
Fat-Free & Easy (Jennifer Raymond).....	\$10.00
From the Produce Isle (Eileen Towata, Ph.D.).....	\$11.99
Garden Cuisine (Paul Wenner) SALE.....	\$10.00
Healthy Heart Handbook (Neal Pinckney, Ph.D.).....	\$11.95
Luscious Low-Fat Desserts (Maria Oser).....	\$11.95
McDougall Health-Supporting Cookbook Vol. II (Mary McDougall)	\$9.95
MegaHealth (Marc Sorenson, Ed.D.).....	\$14.95
Most Noble Diet (George Eisman, R.D.).....	\$9.95
Newstart Lifestyle Cookbook (Christenson & De Vries).....	\$19.99
Nonna's Italian Kitchen (Bryanna Clark Grogan).....	\$14.95
Peaceful Palate (Jennifer Raymond).....	\$15.00
Pregnancy, Children, and the Vegan Diet (Michael Klaper, M.D.).....	\$9.95
Race for Life book (Ruth Heidrich, Ph.D.).....	\$14.95
Scientific Basis of Vegetarianism (William Harris, M.D.).....	\$15.95
Simply Good Recipes and More from C.C.C.T. (C.C.C.T.).....	\$7.95
Table for Two (Joanne Stepaniak).....	\$12.95
Uncheese Cookbook (Joanne Stepaniak).....	\$11.95
Vegan Nutrition: Pure and Simple (Michael Klaper, M.D.).....	\$9.95
Vegetarian and Vegan Nutrition, Basic Course (George Eisman, R.D.)	\$21.95
Vegetarian Secrets Atsuko Kitchen, HB (Atsuko Tsubota).....	\$29.95
Why Do Vegetarians Eat Like That (David A. Gabbe).....	\$11.95

## Misc.

I Speak Vegetarian T-Shirt (Specify S M L XL).....	\$15.62
VSH T-Shirt (Specify S M L XL Women's One Size).....	\$15.62
Diet of All Reasons video (Michael Klaper, M.D.).....	\$22.00
Vegetarian Chef video (Elaine French).....	\$19.95
Four Food Groups poster .....	\$6.00

# VSH Bookstore

To order items from the bookstore, on a separate sheet of paper enter your name and address and list the items you would like to purchase. Add 20% to the total for shipping. Please make check payable to *Vegetarian Society of Hawaii*.

Send order/application to:  
**Vegetarian Society of Hawaii**  
P.O. Box 23208  
Honolulu, Hawaii 96823



## Vegetarian Society of Hawaii Membership Application

<p><b>Please Print</b></p> <p>Name(s): _____</p> <p>Street Address: _____</p> <p>City, State, Zip: _____</p> <p>Home Phone: (     ) _____</p> <p>Work Phone: (     ) _____</p> <p>Fax: (     ) _____</p> <p>E-Mail: _____</p> <p># _____ D _____ Ex _____</p>	<p><b>Yes, please enroll me as a member.</b></p> <p>My dues are enclosed.</p> <p>Please check one:</p> <p>? \$20 Regular-1 year</p> <p>? \$12 full-time student-1 year</p> <p>? \$30 couple or family-1 year</p> <p>? \$400 life membership</p> <p>? add \$4 for a foreign address</p> <p>\$ _____ additional donation</p> <p>Please check one:</p> <p>? Vegan (no animal products at all)</p> <p>? Vegetarian (no flesh, fish, or fowl)</p> <p>? Associate (not yet a vegetarian)</p>
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Members receive this quarterly newsletter and discounts on products and services, including many vegetarian-friendly restaurants.

# Crudités

Karl Seff, PhD

**H**ave you already decided to eat a larger fraction of your vegetables raw? This is a current trend in vegan and vegetarian diets. It is hard to quantify all that is lost by cooking, but there appear to be some strong arguments for eating at least some of your vegetables raw.

Does that mean that you are to become more of a salad maker? Will you be buying more lettuce and tomatoes and trying more dressings? It is hard to find much variety in fat-free or low fat vegan dressings. You would be doing a lot of cutting and chopping, and searching for new dressings and recipes. Sometimes I have the energy for that and am well rewarded with a delicious salad. Sometimes I don't.

Open your refrigerator. Select three or four vegetables. Cut them up minimally to give hand to mouth edibility, and eat your plate full of vegetables with a dip, perhaps with some raw onion or garlic. May I name some eligible vegetables?: whole wet green lettuce leaves, carrots cut into quarters, whole long green beans, tomatoes cut into quarters or eighths, a wedge of red cabbage, a cucumber cut into quarters, a big handful of spinach leaves, some mushrooms, a long celery stalk with its green leaves. For added flavor, add something stronger: a few leaves of kale, beet, or one of Swiss chard, some sticks of daikon or raw potato, a radish, some long watercress stems. What's in the market? What's at the open market? What's on sale?

As a dip, ordinary or extraordinary salad dressing works. You

may spice it up with extra dry spice such as mixed Italian. Open a lead-free can of fat-free refried beans and mix some salsa in to taste. How about your favorite kind of mustard or relish one day? How about some cooked black beans; moderate the raw vegetables with spoonfuls of beans. Miso works. Shoyu works. Tomato sauce with nothing else added works. What do *you* like? It is *your* taste that you need to satisfy. How about a few olives?

Much more variety fits onto a crudité plate than fits into a conventional salad, and it is easy to eat a lot.

And, it is French "uncooking," haut cuisine.

## Hawaii's Homeless Go Vegan!

Jim Brown

**T**he Vegetarian Society of Hawaii (VHS) and Animal Rights Hawaii (ARH) sponsored a pre-holiday dinner for the homeless at the Institute for Human Services on December 6, 2000. The completely vegan meal was planned and prepared by local caterer Madana Peatross and served by volunteers from ARH and VSH.

More than 200 of the city's homeless dined on generous portions of spicy meatless chili (based on a recipe from the Physicians Committee for Responsible Medicine), Spanish rice, fresh fruit and vegetables, and "Very Berry" iced tea.

While it's not an easy task to satisfy the appetites of long term omni-

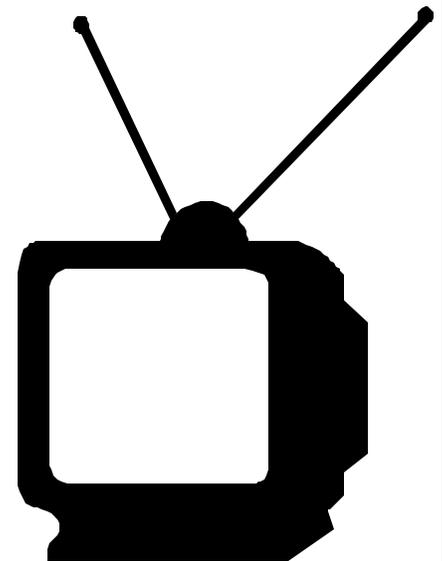
vores with the more healthful and nutritious vegan option, many of the initially wary diners were complimentary and even more came back for seconds and even thirds.

One young man remarked that he's vegetarian when he can be and was especially grateful for a meatless meal.

The Institute for Human Services provides the basic necessities of food, shelter, and clothing to the island's homeless citizens. [www.ihh-hawaii.org/](http://www.ihh-hawaii.org/)

Note: Madana Peatross will be the featured speaker at the VSH February 14th meeting.

### What's on TV?



**"Animal Rights"**  
on cable channel 52,  
Tuesdays at 11:30 p.m.

**"The Vegetarian"**  
on cable channel 52,  
Thursdays at 7 p.m.

**"McDougall, M.D."**  
on cable channel 11,  
Saturdays at 7 p.m.

**Q. But you eat plants, and that kills them, right?**

A. True. I know that a lot of vegetarians, instead of saying they don't eat animals, say instead that they don't eat things "with eyes." Things with eyes have more advanced nerve systems and, we presume, can therefore feel more pain. My goal is to cause the least amount of pain possible in the service of my dinner, so that would rule out animals.

**Q. How long have you been a vegetarian?**

A. I started becoming a vegetarian in the late 1980s, but I had a brief relapse with chicken and fish in the early 90s when I did *kung fu* and then was in the Navy. As of 1994, though, I was totally vegetarian.

**Q. Does it bother you to be around people who are eating meat?**

A. Sometimes, yes. If I see the meat before it's cooked, it really grosses me out. It's hard for me to go into some of the Japanese restaurants where the dishes revolve around on a conveyor belt if they have the crabs or lobsters in the shell. Maybe it's hypocritical for me to not be as grossed out by being near people who are eating cooked meat, but I am just telling the truth about the way I am. I also like to think that I am exposing others to vegetarianism. Seeing me being vegetarian in a circumstance like that may make them think they could do it, too. But I also think that new vegetarians have to be careful about where they eat so that they are

not tempted.

**Q. If you had a baby, would you make it be vegetarian?**

A. Of course. After they are finished with mother's milk, babies and children are very healthy as vegetarians. There are a lot of books written about this. I don't have a pet right now either, but some people even have vegetarian dogs and cats.

**Q. Do you eat eggs? Cheese?**

A. I have been a lacto vegetarian, which means I consumed milk products. But the older I got, the more trouble these gave me, so I decided to go vegan four months ago for a period of six months. I lost seven pounds right away and three more pounds by the end of the first month just by cutting out milk products. So, I am conducting this experiment to see if I feel better without them. So far I seem to have a lot more energy. I don't eat eggs because they are too much like an animal.

**Q. Why don't you like milk? The cow doesn't die to give you milk.**

A. That's true, but I had cut back on milk, cheese, and yogurt a lot even before I started my experiment because I read a lot about the hormones the dairy industry gives the cows. I don't want to get that stuff passed on to me.\*

\*Note from VSH: We would also point out that although the cow doesn't die giving milk, she is bred to be a dairy-producer, kept in conditions similar to those of cows that are bred to produce meat, and slaughtered when her usefulness is over. Although some have said that dairy cows have an acceptable quality of life, we have not found that to be the case. ed.

**Q. Do you think you will be a vegetarian forever?**

A. I sure hope so!

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## Adele's Fabulous Stringy Spinach Tomato Soup

Adele Crooks

Ingredients:

1 onion, chopped  
3 stalks celery, chopped  
1-2 cloves garlic, chopped  
1 T capers, chopped  
1 tsp. salt  
1/2 tsp. paprika  
1/2 tsp. basil  
1/4 tsp. pepper  
1 tsp. dill weed  
1 28 oz. can & 1 14 oz. can chopped tomatoes  
1 T turbanado sugar  
1/2 cup parsley, chopped  
2 T vegetable broth powder mixed in 1 cup water  
1 bunch fresh spinach, rinsed well and chopped  
1 T arrowroot powder dissolved in 1/2 cup water

Step 1—Sauté onion, celery, and garlic in a few tablespoons of water in a large pot.

Step 2—Add capers, salt, paprika, basil, pepper and dill weed. Stir around for a few seconds.

Step 3—Add the tomatoes, sugar, parsley, and vegetable broth. Simmer for 20 minutes.

Step 4—Stir in the spinach and cover the pot to cook until the spinach is done, 10-15 minutes

Step 5—Thicken with arrowroot/water mixture.

(Ask Dr. Klaper from page 1)

contracts in response to the presence of fat in our food as it leaves the stomach on its journey of digestion down the small intestine.

Swallowing several ounces of pure olive oil at one sitting makes for a very large, fatty meal. Such a great load of fat could potentially trigger a sustained, severe contraction of the gallbladder. If there are stones contained inside the gallbladder, such a forceful contraction could result in an excruciating bout of right upper quadrant abdominal pain for the owner of the gallbladder - and a possible unplanned trip to the operating room for an emergency cholecystectomy (removal of the gallbladder).

If you believe that you suffer from gallstones, I advise you to ask your physician about having an ultrasound scan of your gallbladder. This non-invasive scan, using sound waves to make a picture of the gallbladder and its contents, can verify whether your gallbladder really does contain stones. If calculi (the proper name for stones) are found, you should talk to your physician about possible causes and treatments. (Sometimes formation of gallstones is a sign of serious medical conditions that require therapy, such as obesity, diabetes, intestinal disease, excessively high levels of cholesterol in the blood, etc. These conditions need to be diagnosed and properly treated.) Whatever the cause, in this physician's opinion, swallowing several large gulps of olive oil in the presence of gallstones is not a smart idea - and may well be asking for trouble.

One plan of action - or non-action - is to realize that you can

live to a ripe old age with stones in your gallbladder. If they are not causing you any distress ("silent stones"), a low-fat, low-refined sugar diet might be all that you require to avoid painful gallstone attacks. Up to 30% of people with a painful gallstone episode never suffer another recurrence. Watchful waiting is an appropriate choice - especially after the diagnosis is first made - and if the only distress you feel from your gallstones is a small twinge of discomfort every year or two, that might be an acceptable price to pay to avoid surgery.

There are oral medications capable of dissolving small gallstones. However, such a stone-dissolving regimen can be a prolonged process, requiring pills several times daily for months - and it carries a 50% rate of the stones reforming once the medicine has been discontinued. A faster method, requiring but 24 hours, involves placing a small tube into the gallbladder, and irrigating with stone-dissolving medications. Your physician can refer you to a specialist skilled in this technique.

Finally, if your gallbladder has become a chronically inflamed, stone-filled, fibrotic little bag of pain under your liver, causing frequent episodes of abdominal agony, you probably would be better off having it removed. Fortunately, the "bad old days" of gallbladder surgery - with its painful incision - are essentially over. Surgically removing a gallbladder through a "keyhole" incision via a laparoscope has made this operation much less risk-filled and uncomfortable. In most cases, it requires only an overnight stay in the hospital. In some surgical centers, it has become a "daycare procedure," allow-

ing the person to sleep in his or her own bed at home the same evening of the surgery. Return to work in three to seven days following laparoscopic cholecystectomy is not unusual.

In case you are wondering, the digestive system functions quite well without a gallbladder. The bile, normally stored in the gallbladder between meals, is instead excreted steadily from the liver, through the common bile duct and into the intestine. In the gut, the bile does its work facilitating digestion of fats, and then it is absorbed through the intestinal wall and returned, via the bloodstream, back to the liver. There it is filtered from the blood and then excreted once again into the intestine in an "endless loop" system.

In summary, if you think that you have gallstones, find out for sure. If you do, pay attention to which foods seem to set off the painful episodes, avoid them the best you can, and you and your gallbladder - stones and all - may yet achieve peaceful coexistence. If that is not possible, seek a definitive medical or surgical treatment - but I strongly advise you to stay clear of "snake oil cures."

*Michael Klaper, MD is a nationally recognized author, lecturer, and authority on vegetarian nutrition. Readers should consult with their own physicians for issues of concern.*



# Health Review

Helen Wells, MA

I recently substitute taught for a teacher of a health class. While the students were taking notes from a chapter of the high school textbook, I decided to take a few notes of my own. It had, after all, been years since I'd looked at a school health textbook. Unfortunately, of course, the book listed meat in some of its categories. Well, we haven't won the world yet, I guess.

The notes I took edited out the meat and animal products. I wanted a handy list to remind me of the variety of foods that I could eat and to remind me which of them had a lot of fat. I keep my list handy in the kitchen where I refer to it when I need to get out of a rut and "get something different" from the grocery store. I also want to check my grocery list to make sure I'm getting the items I need for the vitamins and minerals I need. Of course there are many more products available that aren't on this list, i.e., cashew butter, dandelion leaves, etc. But, my little list is just a guideline. Common sense tells me that cashew butter is at least as fattening as peanut butter and that dandelion greens would be similar to one of the "green leafy" items. So, if you find the list helpful and convenient, put it where you will see it when you make out your grocery list.

## Proteins EAT

Legumes -- dry beans and peas (navy, lima, pinto, black, soy, soy-bean curd, soy flour, peanuts, peanut butter)

Grains -- whole grains (barley, oats, rice, rye, wheat), corn, pasta

Nuts, seeds -- almonds, pecans, walnuts, sunflower seeds, pumpkin seeds, sesame seeds

## Minerals GET

Calcium - dark leafy green vegetables

Chromium -- plums, apple juice, prunes, peanuts and peanut butter, corn and corn oil

Copper -- legumes, nuts, whole grain products

Iodine -- iodized salt

Iron -- whole grains, dark green vegetables, legumes

Magnesium -- green leafy vegetables

Manganese -- whole grain products, leafy green vegetables, fruits, legumes, nuts

Potassium -- fruits, vegetables

Selenium -- whole grains, molasses, Brazil nuts

Sodium -- table salt, crackers

Sulfur -- legumes, nuts

Zinc -- Take supplement

## Vitamins TAKE

Vit. A -- yellow fruits and vegetables, dark green leafy vegetables

Vit. D -- broccoli

Vit. E -- wheat germ, vegetable oils, legumes, nuts, dark green vegetables

Vit. K -- green leafy vegetables, vegetable oils, tomatoes, potatoes

Vit. B -- legumes

Thiamine -- whole grain breads, cereals, nuts

Vit. B2 -- whole grains

Riboflavin -- green leafy vegetables, dried beans, enriched breads, cereals, pasta

Vit. B3 -- enriched breads

Niacin -- cereals

Vit. B6 -- whole grain products

Pyridoxine -- bananas, green leafy vegetables

B12 -- Take Supplement

Folacin -- green vegetables, whole grain products, legumes  
Pantothenic Acid -- whole grain cereals, nuts

Biotin -- green vegetables

C Ascorbi Acid -- citrus fruits, melons, green vegetables, peppers.

**MOST FAT** (more than 70% calories from fat, eat only in small amounts) avocado, coconut, nuts, olives, peanut butter.

**BEST BET** (20%\* calories from fat) Beans and lentils, bread, breakfast cereals, fruits, grains, vegetables.

\*Of course, as a VHS member, my goal is to eat the VSH-recommended 10% fat, but the figures from the health textbook were instrumental in pointing out which foods have a lot of fat and which foods have a little.

## What's on the Radio?



### "Nutrition and You"

John Westerdahl, MPH, RD, CNS,  
Terry Shintani, MD, and  
Ruth Heidrich, PhD  
Sundays 7-9 p.m.  
K108 (AM 1080)  
Call in to 524-1080

### "Health Talk"

Hosted by Hesh  
Saturdays 10-11 am  
K108 (AM 1080)

# Restaurant Review

## Pyramids

Helen Wells, MA

**M**y VSH membership renewal came in the mail recently, and along with the membership card I was sent a list of restaurants with vegetarian offerings. I saw Pyramids there, a restaurant that offers "Egyptian & Mediterranean Cuisine."

The restaurant is at 758-B Kapahulu Avenue. Dinner is served Mon-Sat from 5:30 to 10 p.m., Sun from 5 - 9 p.m. My husband and I decided to try it, and we are glad we did! I liked the layout of the tables, which give a feeling of privacy. An area in the back is designed in the Egyptian manner with low, comfortable cushion/couches and a low table. I would love to sit there with a group sometime (holiday, small office party?).

The overall décor is "late Egyptian pyramid." Hieroglyphics on the walls are reminiscent of a pyramid. Interesting metal is used with the overhead lighting, and wrought-metal objects are used in decorating. The very helpful waitress wore a dress in an ancient Egyptian style. The tables have Egyptian scenes on papyrus that were attractive and fun. We were brought water, and we ordered cranberry juice (\$2.25). Nice, bouncy Egyptian music played in the background.

For the first appetizer we ordered Fool Moudamis (\$3.95) "... baked fava beans with lemon, olive oil, and special seasonings." This



appetizer turned out to be my favorite. It doesn't look like much when it comes out on a rather plain dish, BUT, I AM A FOOL FOR FOOL MOUNDAMIS! I couldn't believe how good it was. If you only try one new dish over the holidays, try this one. All the flavors blended perfectly. The serving was a good amount for an appetizer for two or three people, but I plan to make this my main dish the next time I go.

Our second appetizer was the half-order (5 pieces) of Stuffed Grape Leaves (\$6.95), described on the menu as "A vegetarian favorite, a seasoned mixture of rice, parsley, chopped tomato, onions, and lemon rolled in grape leaves and steamed to tenderness served with yogurt sauce." These were very good, and the taste of grape leaves did not

overpower the other ingredients, all of which I could taste distinctly. Very well done. The yogurt sauce was on the side, so it can be easily avoided.

The chef came out and identified other vegan dishes for us. For appetizers there was Baba Ghanouj, described as "A tasty blend of baked onions and eggplant mixed with tahini, lemon, cumin, and fresh garlic topped with olive oil. \$6.95" "Hommos -- A blend of garbanzo beans, tahini, fresh garlic, and lemon topped with olive oil \$5.95. "Falafel -- A vegetarian delight of mixed, crushed chickpeas, parsley, garlic, and special spices deep-fried in fresh vegetable oil. Served with tahini sauce. One dozen \$11.95, Half dozen \$6.95." Finally, there is

*(Continued on page 15)*

(Ask Dr. Klaper from page 14)

"The Pyramids Special" appetizer that includes Hommos, tabouleh, falafel, baba ghanouj, and grape leaves for \$19.95.

My vegan entrée, "Bamia," was described on the menu as "Okra in thick tomato sauce cooked over a slow fire. Served with Egyptian salad, Basmati rice, and pita bread. \$11.95." It came out on a huge white platter. The delicious rice was in a cute pyramid shape. I asked if the spice atop the rice was paprika and was informed, no, it was made from dried grape skins! The pita bread was fresh and hot. The Egyptian salad had colorful, chopped, fresh ingredients. The okra and tomato dish was in its own bowl on top of the platter. I'm from South Carolina where okra is often served melted, sticky, and bland. Part of my brain was expecting something like that. I was intrigued and pleased and became quite glutinous when I found that this Egyptian okra dish was mildly spicy and interesting. I particularly liked the consistency of the tomato sauce and the chunks of bell pepper. The method of "slow fire" cooking made this dish great. And by the way, don't eat the salad all at once. It is better to eat it along with the other items in order to cool the tongue.

Regrettably much of the dessert menu seemed to only accommodate lacto-vegetarians and vegetarians who don't mind honey. You will have to study it for yourself in order to make your determination. There was "Mint or Fruit Tea" listed for \$1.95, and if I had had any room left, I would have preferred that.

The total for our meal was \$40.09, but after we received a 10% VHS discount with my card, it was

\$36.08 (plus tip). Belly dancing was to happen at 7 p.m., but we had to go. We waddled out of the restaurant feeling very satisfied.

The restaurant has a lunch buffet, Mon.-Sat., for \$8.95. The waitress said that this buffet had five to eight vegetarian items daily. Vegans will probably have more success with dinner. Go to dinner early so that the chef has time to accommodate substitutions when necessary and when possible. The restaurant seemed to be filling up when we left. Call 737-2900 for reservations.

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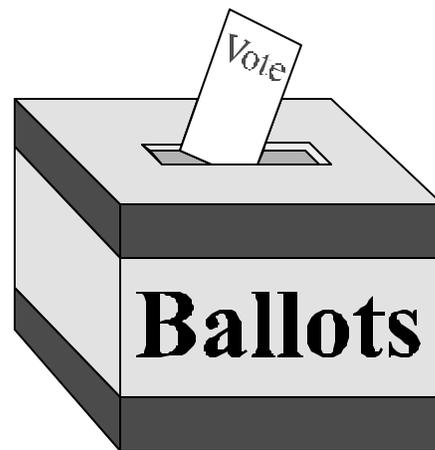
## Let's Vote!

Helen Wells, MA

I know we're all tired of elections and election results. Can we stand to have any more voting right now, even if it is for "Favorite Veggie Sandwich"? I hope so!

Let's vote for best veggie sandwich! I suppose the two strongest contenders are the Subway Veggie Delight and the Blimpie Vegi Sub, but a third party candidate might be Balle's Vegetarian Sandwich. You get the idea. Now here are the rules for voting. Don't mess up your ballots! (Joke)

1. Voters must be vegetarian sandwich eaters (don't send in votes on behalf of your infant



grandbaby or your carnivore brother).

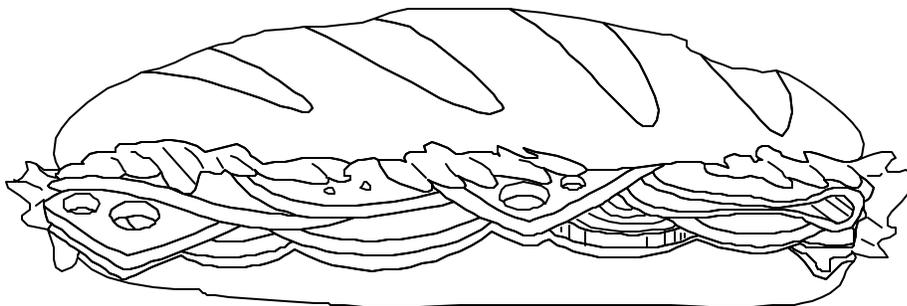
2. Only one vote per person (honor system).

3. E-mail your vote to me at [ironrat@gte.net](mailto:ironrat@gte.net)

4. If you want to, you can also submit a paragraph describing or praising your candidate or debating on behalf of your candidate. This will bring your candidate to the attention of others before the final count.

5. VSH newsletter will publish some of the descriptions, praises, and debates in the next newsletter, and the final results of the voting in the newsletter after that.

So, do your part! Tell us about your vegetarian sandwich favorite! What do you know that we don't? Is there a "sleeper" veggie sandwich out there somewhere? Or, will the winner be one of the submarine sandwiches already in power?



(from Family Reunion page 6)

8 Brussels sprouts, cleaned/halved  
1 ½ cups uncooked brown lentils,  
rinsed/sorted  
2 tablespoons shoyu (may use low-  
sodium type)  
½ teaspoon coarsely ground black  
pepper  
optional: dash of Tabasco or other  
hot sauce

Heat several tablespoons of water  
in a large pot. Add onion, garlic,  
and mushrooms. Cook over me-  
dium to medium-high heat until  
vegetables begin to soften. Add  
about ½ cup of the stock and bring  
to a boil. Reduce heat and add  
broccoli, cauliflower, cabbage, and  
Brussels sprouts. Cook a few min-  
utes.

Add remaining stock, increase  
heat, and bring to a boil. Add len-  
tils, shoyu, and black pepper. Re-  
duce heat and simmer (covered) for  
45 to 60 minutes. Stir occasionally  
and check for softness of lentils and  
vegetables. When cooked to desired  
degree of softness, adjust seasoning  
if desired. Yield = about 7 ½ cups.

Note: You may want to make your own  
vegetable stock to keep on hand for recipes  
like this one, especially if you are con-  
cerned about the amount of sodium often  
found in commercial products.

\* \* \*

**Peanutty Pea Soup:** Even with a  
little peanut butter added to this  
soup, calories from fat will be only  
about 10%. This is a thick soup – if  
you have leftovers for the next day,  
you can thin the soup with a bit of  
water or vegetable stock if you wish.

3 ¼ cups water  
1 ½ cups dried yellow split peas,  
rinsed/sorted  
1 medium onion, diced  
4 cups vegetable stock  
14 ½ ounce can diced tomatoes,  
with juices  
1 medium potato, peeled/cubed  
1 ½ teaspoons curry powder  
½ teaspoon garlic powder  
2 teaspoons turbinado sugar  
¼ to ½ teaspoon red pepper flakes  
1 cup frozen lima beans  
1 tablespoon smooth peanut butter  
optional: salt to taste

Bring water to a boil in a large  
soup pot. Add split peas and onion,  
bring to a boil again, reduce heat

and simmer about 20 minutes. (Stir  
occasionally to prevent sticking and  
add a little more water if needed.)  
Add vegetable stock, tomatoes with  
their juices, potato, spices, and lima  
beans. Bring to a boil again, re-  
duce heat and simmer an additional  
20 minutes (lightly cover the pot).  
Potatoes should be soft. Place the  
peanut butter into a cup and remove  
about 2-3 tablespoons of the hot  
soup broth from the pot and stir it  
into the peanut butter to make a  
smooth and thinner paste. This  
paste can then be stirred back into  
the soup. Stir well to distribute the  
peanut butter. Simmer another 5  
minutes. Adjust seasonings if de-  
sired. Yield = about 8 cups.

Note: If you like a spicy soup, you can use  
a hotter kind of curry powder and/or the ½  
teaspoon hot pepper flakes!

Recipes copyright 1999/2000  
by Eileen M. Towata.



**Vegetarian Society of Hawaii**  
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