

Keep calm and carry on caring for God's world



The Lord God placed the man in the Garden of Eden as its gardener to tend and care for it. Genesis 2:15 (Living Bible)

Many of us have been enjoying listening to the birdsong and watching all the signs of spring emerging during lockdown. Are these signs that God's earth is returning to normal now that there is less pollution from planes and cars etc.? Let us think and pray about how we can continue to protect God's earth when the restrictions end.

Now that we are staying home more we could think about ways to cut our energy use - simple things like turning down the temperature on household appliances such as the dishwasher and washing machine, using sunny days to hang out the washing rather than turning on the tumble dryer, or putting a warm jumper on and snuggling under a blanket on the sofa on colder days.

Trying to save money under lockdown has had some environmental benefits too - going for a walk or bike ride instead of driving to the gym or swimming pool, cooking from scratch and visiting local shops for ingredients, growing our own food and reconnecting with the earth to provide our

daily needs. These are all things we might try to continue when life returns to normal. Could we create a **new** normal?

There is evidence that the COVID-19 virus came from animals at a market - could there be a link between the way human beings breed animals purely for meat and the spread of diseases like COVID-19, SARS and Ebola?

As Christians, can we do more by cutting down on meat and dairy, or by cutting it out altogether? It is well documented that moving towards a more plant-based diet can help the environment. We have included another meat-free recipe in this issue of the magazine for you to try. Cooking meat-free recipes like this using store cupboard ingredients saves money as well as looking after the environment. Remember to cook up a big batch so you can freeze some too. Keep on caring!

Charlotte Arthur and Rosie Whitmell

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Just like
Christmas!



'Sally and David counting some of the many blessings taken for granted before lockdown.'

Recipe Page



Protein-packed vegan chilli

This protein-packed vegan chilli is loaded with lentils, pinto beans and veggies to make a tasty dinner that will satisfy your hunger. This is a great one to make ahead as the flavours intensify over time.

Ingredients

- 1 tbsp vegetable oil
- 1 onion (finely diced)
- 2 cloves garlic (crushed)
- 2 carrots (finely diced)
- 1 red pepper (deseeded and diced)
- 1–2 tsp chilli powder (hot or mild, depending on your preference)
- 2 tsp paprika
- 2 tsp ground cumin
- 2 tbsp tomato puree
- 2 tbsp flour
- 150 ml red wine (optional)
- 400 g tin chopped tomatoes
- 400 ml vegetable stock (550 ml if you aren't using the wine)
- 2 tbsp smooth almond butter
- 2 x 400 g tin green lentils (drained)
- 400 g tin pinto beans (drained)
- 1 tsp cocoa

Method

1. Heat the oil in a large saucepan, add the onions and garlic and cook over a medium heat for 3–4 minutes, stirring regularly, until they start to soften.
 2. Add the carrots and pepper to the pan, stir well, put the lid on and cook for 8–10 minutes stirring occasionally.
 3. Sprinkle in the chilli, paprika and cumin and cook for a minute. Stir in the tomato puree then sprinkle over the flour. Stir and cook for 1–2 minutes.
 4. Pour in the red wine, if using, and stir well. Add the tin of tomatoes and continue to stir as you add the stock.
 5. Bring to a simmer then stir in the almond butter, lentils, beans and cocoa. Season well. You could add a spoonful of Marmite for extra flavour.
 6. Leave the chilli to cook for 10 minutes, stirring occasionally, until the sauce has thickened.
- Serve with your choice of rice, nachos or tacos and avocado, salsa, coriander and lime.

Recipe from www.veganfoodandliving.com