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Asel



31

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25 February 2021 , 11:30



Hello Asel ,



I'm your friend , I need your help!



I'm dying every day can you save me ?

I would be happy if you visit BeVeg website there you will able to
find recipes, clothes companies and other products which
dosen't exploit any of my skin , fur, meat ...

+

Flow 1

תרחיש מספר 1

אסיל בת 21 רואקה, עובדת במשרד תעשיות פלסטיים, ובוגרת תואר ראשון בעיצוב טקסטיל, גדלה במשפחה ערבית מוסלמית, אימצה 4 חתולים מהרחוב. בחג הקורבן אביה קנה כבש על מנת להזכיר אותו כפי שנהוג בחג. חודש לפני החג, אסיל דאגה לכבש הנינה לו אוכל ומים. וכשהגיע הזמן לשחוט את הכבש, אסיל נפגעה רגשית והחלטתה לעשות שינוי באורח החיים שלה.



עברית תקופה מאוד קשה.. היא הייתה צריכה להכין אוכל בעצמה, כיון שהיא לא יכולה לאכול מהאוכל שהמשפחה שלה מכינה. בגלל הזמן המוגבל של אסיל, היא החלטה להירשם למערכת למנע בעלי חיים, על מנת למצוא מתכונים זמינים עם הוראות הכנה ותשמור עלי בעלי חיים.



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cauliflower salad



Roasted hummus



Green Salad



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Vitamin B-12 Recommendations for Vegans

B-12 is a crucial nutrient for vegans. Not having a reliable source almost guarantees serious long-term health problems. Vitamin B12 is found exclusively in foods of animal origin , and the amount of this nutrient present in an unfortified vegan diet is essentially zero.

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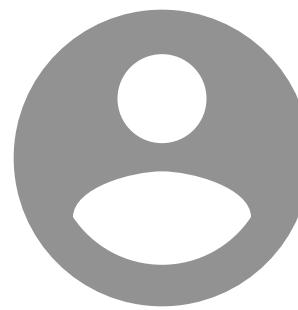
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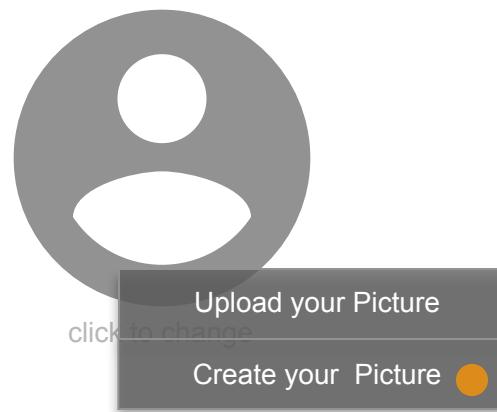
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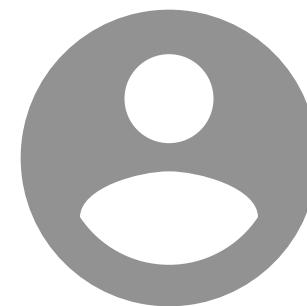
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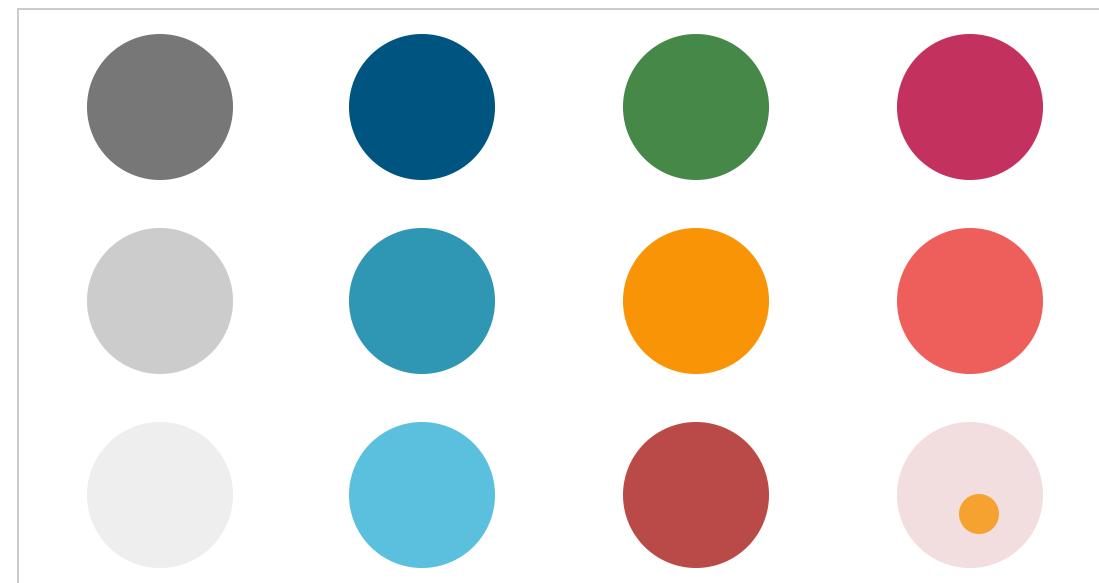
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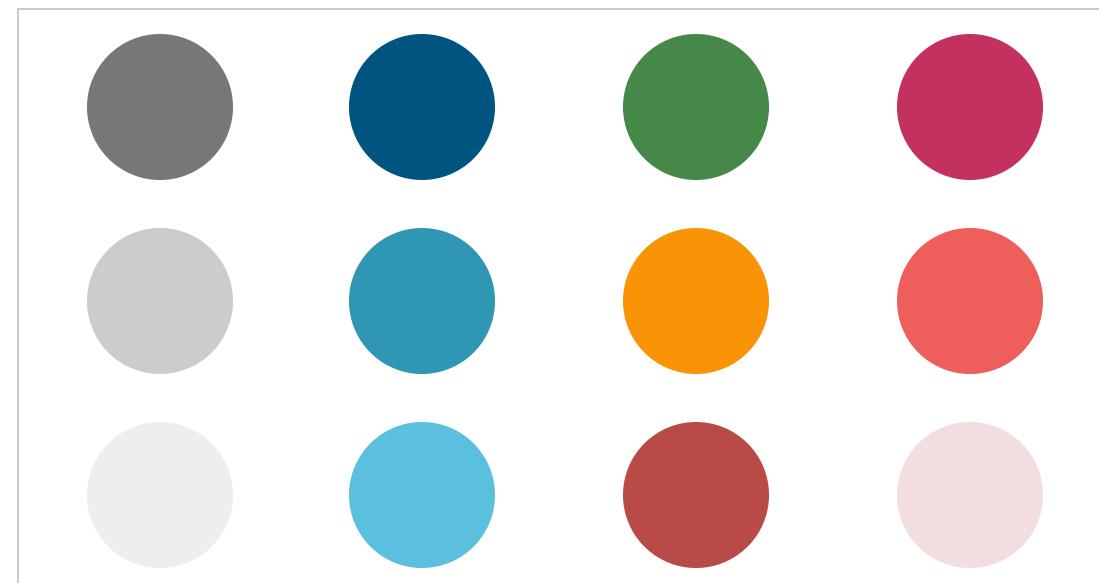
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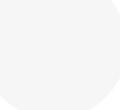
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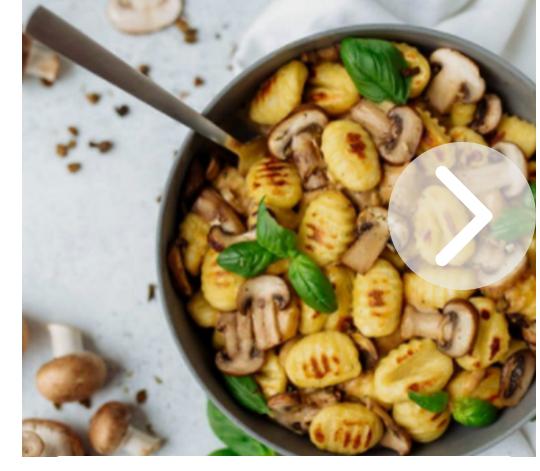
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Roasted hummus



Green Salad



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Vitamin B-12 Recommendations for Vegans

B-12 is a crucial nutrient for vegans. Not having a reliable source almost guarantees serious long-term health problems. Vitamin B12 is found exclusively in foods of animal origin , and the amount of this nutrient present in an unfortified vegan diet is essentially zero.

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**Maqlubah**

It is a popular Arabic food, consisting of rice and many vegetables that are added according to desire, such as eggplant, peas, carrots and others. They are relatively hard, but delicious



35 Ratings

**Pasta with tomato sauce**

Pasta with tomato sauce, a very quick and easy recipe at the same time delicious, and you can add a vegetable salad to its side to make it a quick lunch



18 Ratings

**Falafel**

fried falafel, which is a crushed chickpeas with the addition of parsley, and people usually make it in the form of circles and are packed in loaves of bread as a rich meal



19 Ratings

**Spinach**

It is a type of plant rich in vitamins that is cooked in several ways, mushrooms can be added like the recipe above and it can be served with rice as well as a quick meal



12 Ratings



Recipes

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Rice



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12 Ratings

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**Maqlubah**

It is a popular Arabic food, consisting of rice and many vegetables that are added according to desire, such as eggplant, peas, carrots and others. They are relatively hard, but delicious



35 Ratings

**Majdara**

Majdara is a recipe made of rice and lentils with the addition of fried onions and a little olive oil. The recipe is relatively easy and quick.



18 Ratings

**Rice with Vegetables**

A meal of rice and vegetables rich in protein, you can add vegetables according to your desire, such as: carrots, peas, beans, broccoli and others. It is also possible to substitute rice with any other grain, such as quinoa



10 Ratings

**Rice with Bameeh**

Rice with tomato sauce and bameeh with the addition of garlic, a recipe that requires little time but is delicious and worth a try



10 Ratings



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Rice



Maqlubah

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for 4 servings



medium



55 minutes

It is a popular Arabic food, consisting of rice and many vegetables that are added according to desire, such as eggplant, peas, carrots and others. They are relatively hard, but delicious



KCAL

665



FAT

32g



PROTEIN

37g



Save



Share

Ingredients :

- Rice - 400 gr
- Olive oil - 4 teaspoons
- Aubergine - 2
- Onion - 1
- Carrots - 1
- Cauliflower - 1
- Peas - 400gr
- Garlic - 2 Cloves
- Corn - 1 cup
- Salt - 1 teaspoons
- Black pepper - 1½ teaspoons
- Boiling water - 1 Liter
- Cinnamon powder- 1 teaspoons

How to prepare :

First we prepare the vegetables we cut the cauliflower, eggplant, onions and carrots into small pieces

then we add the peas and corn as desired and rinse well with water. And we fry it for a short period until it acquires a golden color.

In another cooker we add rice , salt, pepper and ground cinnamon , finally we add the vegetables and coveedr them with water up to the ceiling for about an hour.



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Reviews



Lina33



I have made this recipe for my children many time! and it is still be amazing ! I advise mothers to try it with children



reutveg



I made two days ago it turns out great and very tasty but a little hard..

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Rice



Maqlubah

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for 4 servings



medium



55 minutes

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KCAL

665



FAT

32g



PROTEIN

37g



Save



Share

Ingredients :

Rice - 400 gr

you can replace it with brown rice or groats to get a healthy meal

Olive oil - 4 teaspoons

Aubergine - 2

Onion - 1

Carrots - 1

Cauliflower - 1

Peas - 400gr

Garlic - 2 Cloves

Corn - 1 cup

Salt - 1 teaspoons

Black pepper - 1½ teaspoons

Boiling water - 1 Liter

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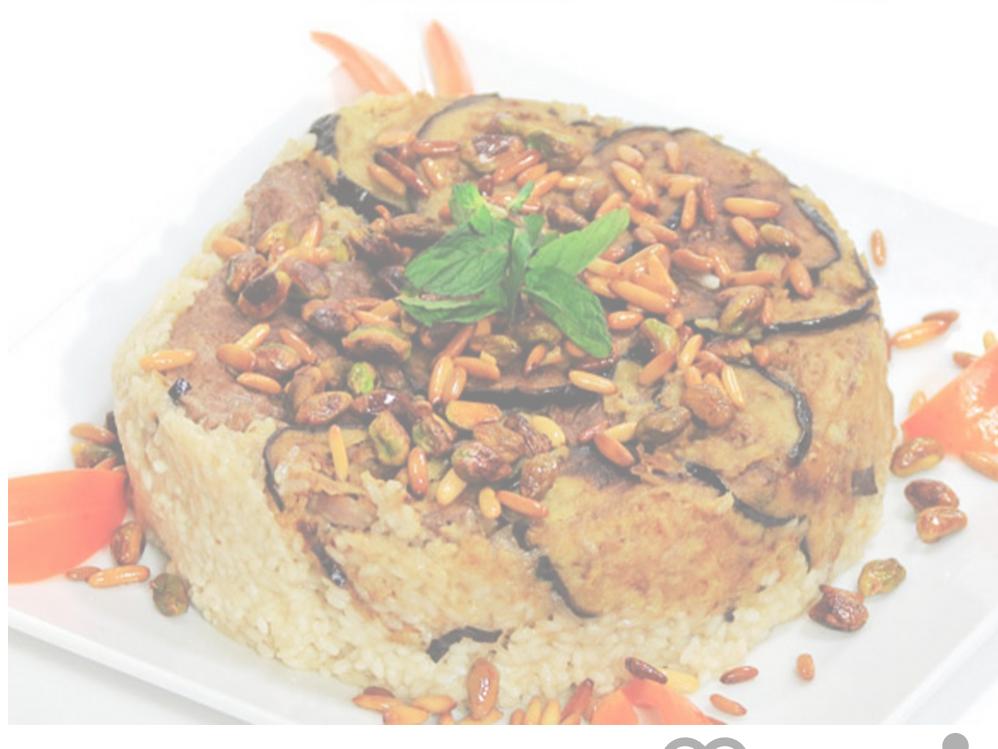
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Rice



Maqlubah

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for 4 servings

medium

55 minutes

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 KCAL
665 FAT
32g PROTEIN
37g

Save



Share

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Thank you for saving another animal



+1

you have earned 1 points !



write your review

I made this!

Your Rating:



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Reviews



Lina33



I have made this recipe for my children many time! and it is still be amazing !
I advise mothers to try it with children



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but a little hard..

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Flow 3

תרחיש מס' 3



מيري טבונית בת 45, 20 שנה עבדה כתזונאית, אמא לילדה והן חיות בחול, מטפלת בילדים וילדות עם הפרעות אכילה. כל הזמן מيري מספרת לבת שלה על החשיבות של בעלי חיים כדי לשמר על האיזון הטבעי וכמה היא אוהבת אותם והם כמו בני אדם יש להם זכות להיות בשלום! היא כל הזמן הדגישה את החשיבות של המשפט: "Animals are my friends , and I don't eat my friends!

היא מאוד פעילה בשמירה על זכויותיהם של בעלי חיים והחלטה להיות צמחונית ובהמשך לטבונית .

מירי נרשמה למערכת למען בעלי חיים , ובעזרת הבית שלה התחילה לשתף את המתכונים שלה על מנת לתת לאנשים אפשרות לראות ולהcin מתכונים חדשים.



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Rice with vegetables

A meal of rice and vegetables rich in protein, you can add vegetables according to your desire, such as: carrots, peas, beans, broccoli and others
It is also possible to substitute rice with any other grain, such as quinoa

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Musaqaeuh

It is a meal that is relatively quick and delicious at the same time served on a lunch meal consisting of eggplant, chickpeas and tomato sauce
And other components as desired

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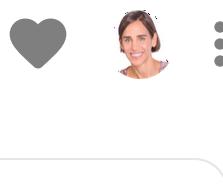
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* Recipe Name

Green beans

* About Recipe

A quick and easy recipe , which consists of green beans with tomato sauce and other additives such as tomatoes and onions
It's a healthy meal rich in protein .

* Ingredients Recipes

Onion - 1
Green beans - 500 gr
Salt - teaspoon
Garlic - 5 cloves
Tomatoes - 5 grains (peeled and diced)
Coriander - half a teaspoon
Olive oil - a quarter cup
Tomato sauce -1 teaspoon



Next



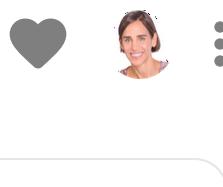
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* Preparation steps

First ,we put the olive oil in a frying pan and then add each of the garlic onions and cook it until it wilts a little. Then we add the tomatoes, tomato sauce with a sprinkle of salt in the other bowl, in another cooker with boiling water we put the beans after 5 min add them with the rest of the ingredients

*insert picture



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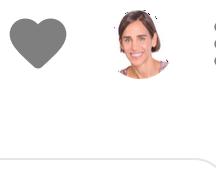
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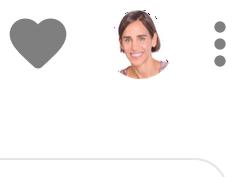
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step 1

step 2

step 3

Description

***Preparation Time:**

45

minute

***Difficulty level:**

Easy

***number of servings:**

4

Nutrition

***Calorie:**

32

gram

***Fat:**

24

gram

***Protein:**

45

gram

**Save**

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Musaqaeuh

It is a meal that is relatively quick and delicious at the same time served on a lunch meal consisting of eggplant, chickpeas and tomato sauce And other components as desired

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A quick and easy recipe , which consists of green beans with tomato sauce and other additives such as tomatoes and onions
It's a healthy meal rich in protein .

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Flow 2

תרחיש מספר 2



קורל בת 31, נשואה, אמא לשני ילדים ובלב.
קורל משתפת את פרטיה חייה באינסטגרם ,
היא נוטנת טיפים ליפי, אורח חיים ברייא וועל
גידולה ילדים . לפני 5 שנים הפסיקה לעבוד
כדוגמנית בחברות אופנה בינלאומיות המנצלות
את בעלי חיים , מאמיןשהחרם שלא יצליח את
חייהם . קורל התחללה לב יותר על החומר
שממנו מיוצרים הבגדים הנעלים והתייקים , אבל
לפעמים היא לא מצליחה לקבל מידע על אופן
יצור המוצר ומתתקשה למצוא החנויות
המתאימות לה .

היא נרשמה למערכת למען בעלי חיים כדי
 למצוא מידע על החנויות והמוצרים שמתאימים
לה .



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MAC is sold in China, where animal testing is required

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