

Troop 57

Vegetarian Menu Ideas

What is a Vegetarian?

A vegetarian is someone who lives on a diet of grains, pulses, legumes, nuts, seeds, vegetables, fruits, fungi, algae, yeast and/or some other non-animal-based foods (e.g. salt) with, or without, dairy products, honey and/or eggs. A vegetarian does not eat foods that consist of, or have been produced with the aid of products consisting of or created from, any part of the body of a living or dead animal. This includes meat, poultry, fish, shellfish, insects, by-products of slaughter or any food made with processing aids created from these. (Vegetarian Society of the UK, n.d.) According to a 2015 Harris poll 3.4 percent of people in the United States say they are currently a vegetarian. Included in this 3.4 percent, are 0.5 percent vegans in the United States. 6 percent of people surveyed between the ages of 18 and 34 identified themselves as vegetarians. Also, 7 percent of people in the survey who have a median income of less than \$50,000 are vegetarians. (Herzog, 2016)

A. Types of Vegetarians

There are four different types, or levels of vegetarians, lacto ovo vegetarians, lacto vegetarians, ovo vegetarians, and vegans. These are in order from least restrictive to most restrictive diets. Lacto ovo vegetarians eat egg products and dairy products, such as milk, cheese, and yogurt. Lacto ovo vegetarians are the most common type of vegetarian. Lacto vegetarians consume dairy products. Ovo vegetarians consume egg products. Vegans do not consume either dairy or egg products. Vegans also do not use any products that come from animals, such as honey or gelatin. (Vegetarian Nation, n.d.)

B. Religious Vegetarianism

Vegetarianism is promoted by several of the religions that originated in India, Hinduism, Jainism, and Buddhism.

1. Hinduism

According to a 2006 survey, about one third of all Hindus in India are vegetarians. (Yadav and Kumar, 2006) Hindus are forbidden to eat beef, as they consider the cow to be sacred. (Nelson, 2009) There are an estimated 2.3 million Hindus in the United States. (Hindu American Foundation, n.d.)

2. Jainism

All Jains are lacto vegetarians. In addition, Jains cannot eat gelatin, or anything that grows in the ground, such as potatoes and carrots. (Shah, 2016) 6

3. Buddhism

Vegetarianism in Buddhism varies greatly sect to sect. Some predominately Buddhist countries have few vegetarians. For example, Japan is 50 percent Buddhist (Buddhist Studies, n.d.) and only 8 percent vegetarian. (Y-N, 2009) There are about 1.2 million Buddhists in the United States. (Pew Research Center, n.d.)

4. Christianity

The branch of Christianity that supports vegetarianism the strongest are the Seventh-day Adventists. (Kahn, 2013) About 50 percent of Adventists are lacto ovo vegetarians. (International Vegetarian Union, n.d.) There are about 1 million Seventh-day Adventists in the United States. (Nation Master, n.d.)

Menu Planning with a vegetarian scout in your patrol.

If you have a vegetarian scout in your camping patrol you will have to come to an agreement as to how you will meet their needs and the needs of the rest of the patrol who is not vegetarian. Here are some possibilities.

You could try an all vegetarian menu for the campout. Have them recommend their favorites or use some of the recipes in this guide and give vegetarian a try.

You could prepare the non-meat part of a standard recipe first saving a portion for the vegetarian and adding the meat later. This would be a method used for scouts with food allergies too. Remember not to mix serving utensils and pans used for meat to serve the vegetarian portion. Remember to make sure the vegetarian is getting enough protein from non-meat sources (eggs, cheese, nuts etc).

The last resort would be to have scouts prepare or bring their own meals. This is sometimes done for scouts with food allergies. Eating and preparing meals together is more fun and rewarding but no one should be kept from camping due to their diet.

Recipes

A. Vegetarian Potato Bake

Ingredients

- 4 tablespoons butter or margarine
- 4 cloves garlic, minced
- 4 large baking potatoes, diced into 1 inch cubes
- 1 large onion, quartered and sliced
- 1 teaspoon salt free seasoning
- ½ teaspoon black pepper
- 1 pound mushrooms, chopped
- 1 red pepper, chopped
- 1 bunch broccoli, chopped
- grated Parmesan cheese, Sunflower seeds, and Sour cream are optional

Preparation

Melt butter (or margarine) in a large stock pot. Add garlic, potatoes, onion, seasoning, and black pepper. Cover and simmer until the potatoes are fork tender. Add mushrooms, red pepper, and broccoli, cooking 10 minutes more to soften the mushrooms and broccoli. Serve with sour cream, parmesan cheese, and sunflower seeds, if desired. Makes 8 servings. (*Boys' Life*, 2007, p.9)

B. Vegan Rice and Beans

Ingredients

- 2 tablespoons olive oil
- 1 small onion, chopped

- 1 small green pepper, chopped
- 1 celery stalk, chopped
- 14.5-ounce can vegetable broth
- 1 cup rice
- ½ teaspoon salt
- 1/8 teaspoon black pepper
- 3 to 6 drops hot pepper sauce, as preferred
- 15-ounce can dark kidney beans

Preparation

Cook onion, green peppers, and celery in olive oil until tender. Add broth, rice, salt, pepper, and hot pepper sauce. Bring to boil. Reduce heat, cover and simmer for 30 minutes. Add beans with liquid and heat through (approximately 10 minutes.) Served topped with salsa in a bowl, or in tortillas. Makes 6 servings. (*Boys' Life*, 2007, p.9)

C. Asian Takeout

Ingredients

- ½ cup peanut oil
- 2 pounds uncooked extra-firm tofu
- 1 11.8-ounce jar Kikkoman Teriyaki Baste & Glaze
- 1 bell pepper, thinly sliced
- 1 6-ounce package sliced almonds
- 1 head bok choy, chopped
- 1 sweet onion, cut into thin wedges
- 8 ounces snow peas
- 1 20-ounce can crushed pineapple in heavy syrup (do not drain)
- 1 head broccoli, cut into florets

Preparation

Heavy-duty aluminum foil is the only cookware necessary. It is easy to char or undercook foods in foil on a campfire or grill, if not careful, but it is also easy to get it right using a few simple techniques. On each of eight 18×18-inch sheets of foil, layer ingredients in the order listed, beginning with the oil on the foil and ending with the broccoli at the top. To trap the steam, seal packets very tightly by folding the edges over repeatedly. If the packets have been customized, write the name of each owner on the foil with a marker. With the broccoli side up, cook the foil packets over a low campfire, or on a grill grate over medium heat for about 20 minutes. Makes 8 Servings. (Conners and Conners, 2015)

D. Nachos to Go

Ingredients

- 1 15-ounce can vegetarian with beans chili
- 6 single-serving packages tortilla chips
- 1 8-ounce package shredded cheese (your favorite)
- 2 tomatoes, chopped
- 1/4 head iceberg lettuce, chopped
- 1 8-ounce container sour cream

E. Vegetarian Chili

Ingredients

Beans (black beans, pinto beans, kidney beans, or chili beans work best)

- Can of diced tomatoes
- Peppers
- Onions
- Carrots
- Corn
- Cayenne pepper
- Chili powder
- White ground pepper
- Salt
- Hot sauce (optional)

Preparation

Combine the beans and the diced tomatoes in the pot. Chop the vegetables and then mix them into the pot. Add the spices and seasonings. Mix the chili well. Place the pot on the fire. Bring the ingredients to a boil. If you can, let the chili simmer over a cooler fire to allow for a richer flavor. Stir the chili frequently to make sure it doesn't burn on the bottom. Let it cool before eating. Eat with crackers or chips.

F. Boy Scout Trailblazer Hash

Ingredients

- 2 cups potatoes, diced small
- 1 Tbs. canola oil
- 1 cup onions
- Diced 1 cup bell pepper
- Diced (green, red, yellow – your favorite or a mix)
- 2 cloves garlic, minced
- 1 cup TVP reconstituted with 1 cup water
- 1 tsp. seasoned salt (such as Lawry's)
- black pepper, to taste
- 1 Tbs. fresh parsley, chopped
- 1 cup fresh kale, shredded
- 1 cup fresh tomato, diced
- ½ cup vegan cheddar shreds or cheese

Preparation

In a large skillet or cast iron pan, cook potatoes in canola oil over medium heat for 8 to 10 minutes, until soft. Add onions, peppers, garlic, TVP, seasoned salt and pepper. Cook and additional 7 to 10 minutes, stirring often. Add fresh parsley, kale, tomatoes and cheddar shreds. Cook approximately 3 more minutes or until the shreds are stretchy and the kale is wilted; serve warm. This recipe can also be made over a campfire in cast iron. The cook time is 20 to 25 minutes, depending on the size and heat of your open flame.