

# VEGETARIAN SOCIETY OF EL PASO

From the Prez

Welcome to Spring!

We have a challenge on our hands. Our Winter Dinner with Dr. Michael Greger was an outstanding success with nearly 100 attendees and a waiting list of over 30. And the crowd was not disappointed. Dr. Greger provided tons of fascinating nutritional facts in a fun and engaging program highlighting the multitude of benefits of choosing a plant-based diet. The Chef at the Country Inn and Suites wowed us with his vegan lentil-based Shepherd's pie, hot cauliflower wings, and other delicious sides. The raffle prizes were wonderful (thanks to all that donated), we had many lucky winners and sold a record number of tickets. Importantly we gained a record 17 new members that were all recipients of a membership scholarship thanks to the generosity of our Board members Patricia Medici and Hal Marcus. The evening set a precedent that will be hard to beat! So is VSEP up to the challenge? With your help, the answer could be a resounding "yes!"

Do you have ideas for celebrating the Great American Meatout in March, Earth Day in April, or how to reach out to youth or other groups, or for updating our webpage? Our May meeting is just around the corner; do you have an idea how to build on the buzz of the Dr. Michael Greger dinner?

If so, we would love to have you join us at our board meetings. We have many openings for leadership opportunities and welcome your ideas and suggestions. Our Board meetings are being alternated between Eloise on Monday's (meatless Monday discount for all veggie items) and Singapore Café on Wednesdays (10% discount to VSEP members) this quarter. See the calendar of events or the board meetings schedule for more details on these meetings and all of our upcoming events. You won't want to miss out on Jennifer's class on how to make vegan spring rolls, another potluck at the beautiful home of Maria Teresa or the fulfillment of helping serve the homeless a hearty and healthy vegan meal.

Here's to a peaceful, compassionate, earth- and heart-healthy spring!

Liz Walsh

VSEP President



Get swept off your meat.

Once, twice, or  
seven times a week.

# News Items

## New Veg Options!

**Mom's Fresh Juice: Vegan spirialized sweet potato, daikon, & jicama**  
**Funkmeyer's Rec Room: Beet Milanese Torta**  
**Asian Cajun Cafe: Fried Tofu & Veggies**

## Discounts!

Eat local!

10% off @ Singapore Cafe\*

10% off @ Nour Mediterranean\*

20% off @ Eloise on Mondays

\*must present VSEP membership card

VSEP members can now enjoy a 10% discount at: Nour Mediterranean Cafe (3800 N Mesa St) and Singapore Cafe (4120 N Mesa St). You will need to show your VSEP membership card for the discount and the discount applies only to the cardholder. Please support these local business that support VSEP. Also, don't forget about Meatless Mondays at Eloise (255 Shadow Mountain) for a 20% discount on all vegan and vegetarian food items.

### VSEP Board Meetings

March 23rd & April 20 at  
Singapore Cafe (4120 N. Mesa)

May 20 at Eloise  
(255 Shadow Mountain)

Social time at 6:00 p.m.

Meeting at 7:00 p.m.

All VSEP members who wish to attend the board meetings are very welcome. Come discuss issues and help plan VSEP's future. Fresh ideas and perspectives are always appreciated - we want to keep our organization healthy, vital and relevant to the needs of our members. If you are planning to attend, please let Liz Walsh know @ 915-342-7630 or e-mail her at ewalsh@utep.edu. If the meeting is changed or cancelled, you will be notified.

### Contact Information

Email Address:

VegSocietyEP@gmail.com

### Mailing Addresses:

4903 Love Rd.

El Paso, TX 79922

### For membership

& renewals:

6757 Gato Rd.

El Paso, TX 79932

915-877-3030

**Saturday, March 19**  
**5:00 pm**

# Vegan Spring Rolls Demystified

One of VSEP member, Jennifer Wright's favorite treats is the vegan Spring Roll. There's just something about the combination of a smooth rice wrapper filled with fresh crunchy filling, chewy noodles, dipped in a spicy peanut sauce. They seemed so complicated she never dreamed she could make them at home, until she tried. She'll show you what she's learned and encourage you to jump in and do it yourself at the Great American Meatout cooking class at Suki and Richard's gracious home, (6757 Gato Rd.)

- Saturday, March 19, 5 pm.
- Cost for the class is \$10, but in addition to Spring Rolls, attendees will enjoy a meal of Curry and Rice.
- RSVP by 3/16.
- Our apologies! This event has already happened, but here's a recipe from local blogger EP Veg Snob!

**Red Curry Spring Rolls w/Coconut-Peanut Dipping Sauce**  
[epvegsnob.wordpress.com](http://epvegsnob.wordpress.com)

## Red Curry Rice w/Tofu

- 1 cup Basmati or Jasmine rice
- 1 tablespoon red curry paste
- 1 tablespoon soy sauce
- ½ teaspoon brown sugar
- 1-2 cups extra firm tofu, drained & cut into ¼" cubes
- 1 cup canned coconut milk
- ¾ cup water

In a saucepan, combine the coconut milk, curry, soy sauce, & sugar, and bring to a boil. Add rice & tofu. Cover & simmer for 20 minutes or until most of the liquid is absorbed.

## Dipping sauce

- ¼ cup coconut milk (or the remainder of the can)
  - 1 tablespoon creamy peanut butter
  - ¼ teaspoon brown sugar
  - ½ teaspoon soy sauce
  - a squeeze of fresh lime juice (optional)
  - Sriracha (optional)
- Mix all ingredients together and chill.

## Spring Roll Assembly

- Your choice of fillings, thinly sliced/julienned (carrots, jalapenos, broccoli slaw, peppers, cucumber...anything on hand!).
- Basil or cilantro
- Tofu Rice Curry
- Round rice paper wrappers (I used the 16 cm size)
- Bowl of warm water

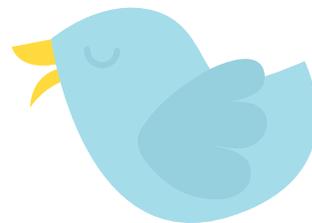
Dip a wrapper in the bowl of warm water for a few seconds. Set the wrapper down on a cutting board or plate. Place a basil or cilantro leaf at the edge of the wrapper. Spread the tofu rice curry on top of the leaf and top with your choice of fillings. Begin rolling until the filling is covered, and then fold in the left and right sides of the wrapper. Continue rolling tightly. Cut in half and serve with dipping sauce.



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**Saturday, April 9**  
**5:00 pm**



## Italian-style Potluck

Who doesn't love Italian food? If you have spent any time in Italy or studying Italian food, you know that the cuisine is so much more than cheesy pizza and pastas. The reason The Mediterranean Diet is so lauded is that it is based on vegetables, grains, and olive oil- foods every vegan can get behind. So, join us for the April Potluck Dinner as we explore Vegan Italian at Maria Teresa's home.

Maybe you have a favorite Italian adaptation already, or want to explore new ways with polenta or risotto. We look forward to trying whatever you bring! Please refer to potluck guidelines on page 7

- Please RSVP to Maria Teresa at 915-240-7652 by **Thursday, April 7**.
- 5611 Westside Drive, El Paso, 79932, between Country Club and Artcraft. Specifically on Westside between Elbow bend and Esplanade, there is a red square mailbox, turn in the dirt road, it's the yellow house at the end.



**Sunday, April 17**  
**4:00-6:30 pm**

## Volunteer Opportunity to Feed the Homeless

-The Vegetarian Society of El Paso is seeking volunteers to help with our annual feeding the homeless event on Sunday, April 17th.

Volunteers would need to be available from approximately 4-6:30pm. If you'd like to volunteer or make a donation to help offset the cost of the dinner please email [tlinney@aldf.org](mailto:tlinney@aldf.org).



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**Saturday, May 28**  
**6:00 pm**



## Spring Dinner with Special Guest Rae Sikora

- Vegan buffet @ Country Inn & Suites
- 900 Sunland Park Drive, El Paso, TX 79922, (915) 833-2900
- 6 pm meet and greet, eat at 6:30 pm
- Cost\*: \$22 members & students w/ID; \$25 nonmembers; \$10 children under 12 years of age.
- Paid reservations are due Tuesday, May 24.
- Reserve your space & pay online with a credit card or PayPal
- www.vsep.org OR email  
vsep.reserve@gmail.com OR text or call  
915-877-3030.
- Make check or money orders payable to VSEP & mail  
to: VSEP, 4903 Love Rd., El Paso, TX 79922

\*no refunds but tickets are transferable before the reservation deadline and as long as the dinner coordinator is notified.



Rae Sikora has been a spokesperson for animals, the environment and human rights for over 30 years. She has worked internationally with participants ranging from teachers, students and prisoners to businesses and activists. Rae is co-founder of the Institute for Humane Education and holds degrees in Cultural Anthropology and Environmental Education. She is co-founder/co-director of Plant Peace Daily and co-founder of VegFund. Additionally, Rae was recently inducted into the North American Vegetarian Society's Hall of Fame.

Her talk to us is entitled Brilliant Chickens, Einstein Squid. Lack of intelligence or emotions has been used as a justification for treating non-human species as unfeeling, unthinking objects to be used at the whim of humans. This talk will look at the intelligence, desires and caring of our non-human relatives through incredible true stories and images from around the world.

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**Sunday, June 5**  
**(Deadline to register is May 20!)**

## Off the Grid and On the Grill

Sunday, June 5 from 11 a.m. – 3 p.m.

Description: Ruidoso New Mexico – 200 acre nature retreat  
45 minute moderate hike to mountain top cabin.  
No restrooms, no utilities. Most (not all) cell phones work.  
All vegan lunch and drinks will be furnished

Cost: \$20 – Limited to the first 15 VSoEP members who register & pay the Vegetarian Society of El Paso via [www.vsep.org](http://www.vsep.org) Your payment is your reservation.

Deadline: Register by May 20. Specify in advance if you have special food needs.

Maps will be provided for registered participants.  
From the Ruidoso shopping district its an approximately 20 minute drive to where you will park your vehicle.

Allow 3 hours from El Paso for a leisurely drive.



# VSEP Event Guidelines

## WHY VSEP EVENTS ARE VEGAN

The Lone Star Vegetarian Network, a loosely-knit group of Texas vegetarian societies, was formed in 1989. There were 4 members that first year: Austin, Houston, San Antonio and South Texas (Brazoria County). There are now 10 groups from around the state. Contact among the groups is important and, while each group maintains full autonomy, it is agreed that all vegetarian events hosted by Network member societies will be vegan (meaning, of course, that no animal products, including dairy and eggs) will be served. Society members are not required to be vegan, but it has been agreed that it is not unreasonable to expect members to enjoy vegan food only at such events.

This rule has occasionally been questioned by lacto-ovo-vegetarians. However, this rule is important for all the very same reasons we don't eat meat. We all know how frustrating it is to have to ask, "Is there lard/meat stock/etc." The decision has been made to allow our growing vegan membership the opportunity not to have to worry about dairy or egg products in the food at Network events. Vegan events are both supportive and educational, and vegetarian organizations need to be on the cutting edge. Thank you for your support! ~ Shirley Wilkes-Johnson, Co-Founder, LSVN [www.lsvn.org](http://www.lsvn.org)

## HOPPER RULES IN A NUTSHELL

Please order only vegan items.

Please make a reservation by the deadline if you would like to be seated with the group.

If you make a reservation, please be there and please show up on time.

If you are reserving on the day of the deadline, or canceling the day of the hopper, please call the hopper coordinator.

Do not forget to leave an adequate gratuity (sometimes gratuity is added to the bill if it's a large party), we always want to be welcomed back.

If you are happy with the restaurant, let the restaurant know. If you are not happy, please let the hopper coordinator know. Last but not least: Enjoy!!

**\*\*Hopper Courtesy Reminder\*\***

PLEASE call 915-877-3030 by noon the day of the hopper if you have reserved and then cannot make it.

The restaurants set up a table for us which leaves less space to accommodate other customers and

Saturday is a busy night for most restaurants. Some restaurants even make a special menu for us and order ingredients based on the number of people in the reservation. We need to be sure we do not inconvenience them or any other customers by taking away tables and chairs that are not needed.

## GUIDELINES FOR POTLUCKS

All dishes must be completely vegan – no exceptions. Food must not contain any flesh (fish, fowl or beast), eggs, dairy products or honey. This rule guarantees that everyone can eat everything (allergies & preferences aside).

Please watch out for hidden milk products, such as whey in cookies, crackers, bread and margarine, and casein or caseinate in "non-dairy" soy cheeses and whipped toppings. Some margarines contain gelatin. Also, be alert for eggs in baked goods, mayonnaise in salad dressings, and honey in breads, pastries and preserves.

Please prepare a 4x6 card with: Your name, name of the dish, a list of all the ingredients, and the recipe on the back, indicating where the recipe came from (or if it is original).

Prepare enough to serve eight (8) people.

Please bring your own table setting as well as a serving utensil.

If you don't feel like cooking, you may bring a green salad, chips & salsa, fruit, or another vegan munchie.

Your host will provide drinks.

Presenting  
the 2015  
Best Vegetarian  
Food Award  
Winners!



You voted for the best  
vegetarian & vegan food  
that El Paso has to offer for  
the 3rd year in a row!

Asian Food	Italian Food	Mediterranean	Mexican Food
Pho Tre Bien	Tosca	Zino's	Cafe Mayapan
Indian Dish	Pizza	Falafel	Nachos
India Palace	The Pizza Joint	Sabertooth	Hello Day Cafe
Sushi	Sandwich	Veggie Burger	Tacos
Dragonfly	Eloise	Green Ingredient	Tacoholics
Appetizer	Brunch	Smoothies/Juices	Vegan Dessert
Eloise	Eloise	Green Ingredient	Savage
Coffee/Tea Shop	Food Truck	New Business	Vegan Friendly Restaurant
Tippi Teas	Tacoholics	Organic Taco Machine	Green Ingredient

Overall  
Restaurant  
Green Ingredient

Visit  
**vsep.org**  
vegetarian society of el paso

Visit  
**epvegsnob.wordpress.com**  
a restaurant review & recipe  
blog