

# Cooking with Julia: Vegetarian Chili



Julia Hansen

Abraham Lincoln, vegetarian and 16th president of the U.S., once said, "I am in favor of animal rights as well as human rights. That is the way of the whole human being."

It seems to me that vegetarianism has become very hip in the last

few years. Countless celebrities, including Mick Jagger, Shania Twain, Brad Pitt, Natalie Portman, Clint Eastwood and Christian Bale are vegetarians. Some may wonder why these people would give up a juicy cheeseburger, chicken noodle soup or eggs and bacon. Vegetarians give several reasons, which often include animal rights, the environment and their health.

So are you or aren't you a vegetarian? That's a question we used to ask one of my roommates who claimed to be a vegetarian, but could frequently be found eating seafood. "Au contraire, my fish-loving friend," I should have said back then. "You are not a vegetarian."

Confusing? Maybe, so let's do some defining.

Vegetarians (or lacto-ovo vegetarians) are people who exclude animal meat, such as poultry, beef, pork, venison and seafood from their diets.

Vegans are people who exclude all animal products, including meats, eggs, dairy and even honey, from their diets.

Pescatarians (or pesca-vegetarians) are people who exclude all meat and poultry from their diets but eat

**Ingredients:**

- 1 tablespoon vegetable oil
- 1 large onion, diced
- 2-3 garlic cloves, minced
- 1-2 green bell pepper(s), diced
- 1 (28 ounce) can diced tomatoes
- 2-4 (6 ounce) cans spicy vegetable juice
- 1 (14 ounce) can red beans
- 1 (14 ounce) can black beans
- 1 (14 ounce) can whole kernel corn
- 1 tablespoon chili powder (or more to taste)
- 1 tablespoon cumin (or more to taste)
- 1 handful fresh cilantro leaves, chopped
- salt and pepper, to taste

**Directions:**

1. Drain and rinse beans and corn.
2. Heat oil in large soup pot.
3. Add onions, garlic and bell pepper(s). Sauté until vegetables have softened.
4. Add tomatoes, vegetable juice, beans, corn, cilantro, chili powder and cumin.
5. Bring to a boil, reduce heat and simmer for about 30 minutes.
6. Add more vegetable juice to your preference of chili thickness.

Recipe courtesy of [recipezaar.com](http://recipezaar.com)



seafood, eggs and dairy products.

Pollotarians (or pollo-vegetarians) are people who exclude meat and seafood from their diets but eat poultry, eggs and dairy products.

Fruitarianism (or raw foodists) are

people whose diets consist primarily of uncooked foods (foods may be heated to 118 degrees). These foods typically include unprocessed foods such as fruits, vegetables, nuts, seeds and grains.

Whether you are a meat lover or some form of vegetarian, this vegetarian chili is healthy and tasty. Just don't make it if you are a fruitarian — the soup is heated to more than 118 degrees.

## From K-Vegas to K-Vegas



Franklin Cline

## Student leaves old comfort zone

Preparing to study abroad is an odd thing — there's a strange mixture of immense trepidation and unbearable excitement that blend together like oil and vinegar, turning even the most happy-go-lucky person momentarily mercurial.

I know this seems like that feeling associated with any major change (remember those butterflies in your stomach as you first laid eyes on your freshman year residence hall?), but the study abroad process comes with an unusual amount of literal and figurative baggage.

For instance, sometimes the importance of studying abroad — of being able to immerse one's self into another culture for a semester, to travel through new and exciting places, to try all those eccentric European beers — is overshadowed by the fact that there are some things about this country that I'm really going to miss this semester while I study at Edge Hill University in Omskir, England. Granted, English culture is not incredibly far removed from that of our own proud nation, but there still are enough little differences between the two to cause me some concern.

Most importantly, I'm going to miss out on a season of Kansas City Chiefs football. At least they're the worst team in the league this year.

I'm also going to be out of the country for the most fascinating presidential race since Nixon and McGovern fought it out in 1972. I'll still be sending an absentee ballot in, but the media and social circus that is an election year is going to be super ridiculous, full of worthless diversions whose sole purpose is to further divide an already-beleaguered working class. How very amusing. Then again, I've been sick of campaign ads for about four months now. However, I definitely will miss the massive campus-wide celebration when the good guys win.

Speaking of the good guys winning, I will also miss the ubiquitous nature of the American flag in both Kirksville and the nation itself. Seriously, you can't go anywhere in this town without seeing an American flag waving proudly in the cool K-Vegas air. In fact, it can be a challenge to walk down Franklin Street without seeing one patriotically emblazoned on

the back of some gentleman's pickup truck.

I would say that I'll miss the purple mountains majesties and amber waves of grain, but I've got a whole "been there, done that" attitude about those things.

Of course, the fact that I will be without all of those things for three months also means that I will be surrounded by all kinds of funky new stuff — new food, greetings, slang terms, music, etc. And with that comes so many questions: How do the Brits reflect their patriotism? Does Gordon Brown embarrass them? Are Union Jacks everywhere ad nauseum there as American flags are here? Do they really put mayonnaise on their french fries?

Lucky for you, I'll be writing a (mostly) weekly column about my study abroad experience, comically detailing all of the fun opportunities leaving this country has provided me. Beyond getting paid by this fine publication you hold in your hand, I want to examine my time across the pond as a Truman student and an American — both an outsider looking in and an insider looking out. It's going to be weird!

## Couples easily identified using six traditional relationship clichés

Aside from holding hands, going on dates and various other activities, there are multiple quirky — yet completely predictable — tendencies couples have. Next time you notice a couple doing any of the following, or even if you catch yourself and your sweetheart in the act, don't fret. You are not alone, and it's not a crime to enjoy the simple pleasures found in doing "Stuff Couples Like."

1. Keeping track of anniversaries. I'm not just talking about the big first-year anniversary, either. Duos young and experienced alike enjoy commemorating some of the most obscure events, such as "the one-week anniversary of the first time we said we loved each other." Sometimes, in an effort to conceal the silliness of such celebrations, the verbal construction is altered: "Oh honey, can you believe it's been a year since that first day we met and talked in class?" Don't be fooled. That's the one-year-since-we-first-met-and-talked-in-class anniversary in disguise. This tendency is intense at the start of a new relationship and

wanes as time goes on. Generally, whether it is acknowledged aloud or not, notable overdone anniversaries are as follows: each week until the first month, each month until the sixth month, the first year, then every year thereafter. Admittedly, I have been guilty of keeping track of (and occasionally bringing up) even more ridiculous milestones, such as the one-year-four-months marker. Succumbing to anticipation, I have even said the phrase "Happy one week until our first-year anniversary!" I share this without shame.

2. Using original pet names. Sometimes, "babe" and "dear" are too cliché and overused, so plenty of creative couples come up with their own terms of endearment. They can be personal ("sweetlips"), random ("muffin") or adapted from another language (apparently "cauliflower" is popular in French). A personal favorite is "sugar booger." Yes, I made it up, and no, it was not used on a boyfriend.

3. Having "our \_\_\_\_." Our song. Our restaurant. Our bench at the

park. Our favorite movie. You get the idea.

4. Showing sneaky displays of affection. Unlike PDA, this technique is favored in inconvenient locations, like the front seat of class or a parent's house. There are numerous ways to get past the rule that says certain places are just inappropriate for smooching and snuggling. Concealed hand-holding, like under a blanket or with just fingertips touching, is a good way to divert attention from this activity that might be considered far too intimate for some settings. If you're visiting parents and need to get away, a great option is to say, "Hey, cauliflower, would you help me get another chair from the dining room?" and sneak a quick kiss there. Parents know it's happening, but they can't prove what they can't see. When physical or verbal contact cannot be made, a wink, whether subtle or obnoxious, is a cute, embarrassing and fun way to say "I love you."

5. Not saying "I love you."

Maybe it's too soon, maybe it's too scary, maybe it's not even love or maybe it's just too special and you don't want it to get old. For whatever reason, I've heard a handful of couples using alternate methods for expressing that special something they feel for one another. It could be as simple as saying "I like you." I went a whole six months just saying "hearts" because I decided I'd only say and mean those three words to one person in my life.

6. Comparing cuteness to that of other couples. Who doesn't compare their cuteness to everyone else's? It's always a nice ego booster when you realize you and your honey are cuter than those people you sat behind at the movie theater or the ones who yell at each other next door. However, when I see a young twosome walking down the street with their dog or taking a nap together in the grass, I can't help but hope I'm that cute when I'm with my man. It happens even more when I observe older couples. I love seeing married people still flirting with each other when



Kelly Schute

## We need to talk

they've been together for 15 years. I try to figure out what's so great about what other couples are doing so I can be that cute someday, too.

There you have it. There is nothing wrong with being silly or even a little devious with your significant other, and if your actions fell on this list, you are just two of many who enjoy "Stuff Couples Like."

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