

New Vegan Recipe Website Launched

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Austin, Texas based TexaVegan is excited to present their new vegan recipe website, a resource for vegan foods, recipes, and information on sourcing animal product-free ingredients. The website's goal is to make it easier for food lovers of all kinds to approach the world of vegan food, whether they are new to the culinary lifestyle or not.

Deborah Brutsche from TexaVegan states, "There are a variety of reasons why someone would elect to choose foods that fit in with the vegan palate. Most often, we hear of people that don't want to use any animal products in their daily lives. When I first decided to become vegan, I had a tough time moving away from the traditional meals on which I was raised—dishes that typically included copious amounts of butter and cheese. In 2006, I read about the effects of an animal-based diet in T. Colin Campbell's book *The China Study*, and became convinced that a vegan diet was the right decision for me."

Those living a vegan lifestyle may be doing so for moral, ethical, or religious reasons, or perhaps they simply love animals. However, these reasons are hardly the only lures that lead people to vegan food. For instance, the company hopes to show people that it's entirely possible to go vegan for the sheer, delicious taste.

According to TexaVegan, the website does not cater solely to strict vegans. In fact, they state that food

enthusiasts across the spectrum are welcome to visit the site and try out their recipes. "Food should always be an inclusive world," says the company. "We eat to stay alive, but sharing meals is also an important part of how we communicate and bond with each other. Vegan meals may have some restrictions built in, but that's not to say such foods are also limited in taste, or even limited in who can participate. If you like tasty food, you're in the right place. We're happy to show you what a treat you're in for." Brutsche affirms, "Food is a strong part of who we are, and many of our memories are attached to the smells and tastes we have experienced throughout our lives."

The website also takes steps to make a vegan lifestyle more convenient for their readers. Visitors to the site will find that, in addition to recipes, it includes a section dedicated solely to helping them pick out the best vegan ingredients. Brutsche says, "Creating delicious vegan meals was much more challenging than I thought it would be (particularly during the holidays), but I became determined to create new, healthy traditions. Struggling to find recipes that were healthy yet appetizing, I eventually made my own collection of basic dishes. Many are adaptations of the meals my mother and grandmother used to prepare, incorporating the distinctive flavors of the Southern United States and Mexico without the use of dairy or meat ingredients, as well as some new recipes I created along the way."

Notably, the vegan ingredients section, as the name suggests, directs readers to information on identifying the best produce, tips on keeping fruits as fresh as possible (a notoriously difficult food group to keep for any extended period), the many kinds of mushrooms that can be added to a meal, and many more. It even discusses how people can incorporate certain freezer-friendly foods into their vegan diet.

The sheer variety of options available also means that a vegan diet can be adapted to suit a family's daily meal plan. "I am blessed with a large family that consists of different cultures, beliefs and customs, and I love them all. While the eating habits of my children and their families vary, my kitchen welcomes all and serves enjoyable meals that are savory for everyone," says Brutsche.

Those who would like to learn more about vegan food and sourcing the right ingredients may visit the new TexaVegan website to get started. Interested parties may also use the site's Contact Us page to get in touch with the company.

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For more information about TexaVegan, contact the company here: TexaVeganMatthewBrutsche@500rockets.io 512.731.8114 4408 Spicewood Springs Road Austin, TX 78759

TexaVegan

TexaVegan is dedicated to offering vegan recipes created by Deborah Brutsché. The recipes are home cooked meals

focused on healthy flavor.

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