November 2026 Eco News

Veg Pledge 2026 1-30 November 2026



Veg Pledge 2026 is a campaign to encourage us to make a positive impact on our health, the environment, and animal welfare by pledging to follow a vegetarian or vegan diet for a specified duration. This annual event invites people from all walks of life to explore the benefits of plant-based eating and to consider the impact of their dietary choices on a global scale. Veg Pledge provides resources, support, and a sense of community for participants, making it easier than ever to embrace a vegetarian or vegan lifestyle.

Veg Pledge campaigns have been organised by various vegetarian and vegan advocacy groups and organisations for several years. Over time, Veg Pledge has grown into a global movement, inspiring countless individuals to explore plant-based eating and make more conscious dietary choices. So why not challenge yourself to try vegetarian food for a week or a month. The aim to raise awareness about the benefits of plant-based diets, including improved health, reduced environmental impact, and animal welfare.

Now I am by no means a vegetarian, I must admit I love meat, but I do try to have a vegetable-based meal at least once a week. If we're having a mince-based meal, I usually use half meat mince and half plant-based mince, no one really notices the difference. I do like the Quorn sausage recipe, and we have this quite often.

Here are a couple of yummy recipes for you to try.



Quorn Sausage Casserole serves 4

Sausages are hardly known for their low-fat content. Luckily Quorn Sausages are! Quorn is great for weight-loss, containing less saturated fat than pork sausages. This recipe is great for filling you up, without filling out your new pair of jeans!

Ingredients

- 8 Quorn Sausages, cut into pieces
- 1 pepper (green or red), diced
- 1 garlic clove, crushed
- 150g sweetcorn
- 1 large onion, diced
- 1 celery stick, chopped into small pieces
- 400g chopped tomatoes
- 1 tsp smoked paprika

- 2 vegetable stock cubes Dash of vegetable/olive oil
- 400g kidney beans, black beans or broad beans (depending on preference)

Method

1. Heat the oil in a large pan and fry the sausages, onions, garlic, celery and peppers until the onions have softened and the sausage pieces have turned a golden brown.
2. Add the sweetcorn and paprika and stir on a low-medium heat for 2 minutes to help the flavours infuse.
3. Add the tomatoes, beans and stock cubes. Season to taste and simmer for 15 minutes.



Homemade Quorn Burger serves 6

Using Quorn mince – a low fat, high protein food – as the main ingredient for your burger, complete with all kinds of tasty salad, you'll have a wonderfully tasty burger to feed your family.

Ingredients

- 500g Quorn Mince
- 2 tbsp olive oil
- 125g breadcrumbs
- 2 tbsp Dijon mustard
- 1 tbsp black pepper
- 1 large onion, diced
- 1-2 garlic cloves, crushed
- 1 large egg
- 1 tbsp salt

Method

1. Fry the Quorn mince, onion and garlic with the olive oil on a medium-high heat for 4-5 minutes.
2. Leave to cool for 5 minutes before transferring to a large bowl (make sure its completely cooled before the next step!). Add the breadcrumbs, egg, mustard, salt and pepper, and mix with your hands to combine all the ingredients.
3. Divide the mixture into equal amounts and shape into burgers (approx. 6)
4. Using the same pan from before, fry the burgers on a medium heat for 10 minutes (you may need a splash more oil) or until browned.
5. Serve with soft brioche buns, lettuce, tomatoes and any other dressings or condiments you fancy! You can even have chips.

All you need to do now is eat your delicious home cooked vegetarian meal and have a search for other meals for your family to enjoy. Try changing one meal a week and see how you go.