

Immortal Technique "Beef & Broccoli"

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look, let me make something
abundantly clear for people
who are sober after activities
they feel like they gotta comment on mine.
first of all being a vegetarian should
never be associated with being
a revolutionary or being open-minded.
that's a dietary choice.
if someone wants to proliferate the
type of ignorance we're supposed to
be fighting by thinking that,
you're just fucking yourself.
i don't go around promoting
beef and poultry shoving it in
people's faces.
i don't castigate people for not
eating steak sandwiches;
and i would never diss someone
for being a fucking broccoli-head,
or living off of radishes,
or eating grass or tofu.
i like a lot of vegan cuisine.
but the illogicality of expecting
everyone to adopt their particular
idea of what being healthy is
is just preposterous.
i've seen some of you herbivores;
and if you want to argue health,
y'all need to eat some kind of supplement

because some of y'all are so skinny
that it's disgusting; looking like the
only hip-hop motherfuckers on schindler's list.
being a malnutrition-ass got nothing to do
with being revolutionary or being on-point.
i'll be damned if i let somebody else push
their agenda on me. you know i don't eat pork,
not because i'm a muslim, i just don't
really like it, but i really will
fuck a bird up. and fish is good
when that shit is fresh. it's like my nigga
Vast Aire from Can Ox said. if you don't like

the smell of burning meat, well then get
the fuck off the planet. you know i don't
criticize people for eating moss,
then don't open your fucking mouth
about my food, man. i like beef
and broccoli motherfucker. mind
your god-damn business. matter of fact...
you know what? i'm out. i feel like some
arroco pollo, a banana daiquiri, and
a motherfucking bistec aponado.

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