

# Beef & Broccoli

## Immortal Technique

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.

Song Discussions is protected by U.S. Patent 9401941. Other patents pending.

Lyrics provided by <http://greatlyrics.net/>