



V-LEARNING COMMUNITY

Legumes and Grains

Having a variety on hand, makes it simple to use legumes as a base for creams and dressings, and grains as a staple for many meals.

For instance, pressure cook legumes in batches that last a couple weeks with either a mix for a hearty cheese sauce, or a single source like soy beans for whipped cream. Then freeze whatever can't be used immediately in serving sizes that allow for thawing just the right amount for a creamy dressing.

Another option is to soak, pressure cook, and store as assortment of legumes or grains in the same bowl.

These and many others make great food systems help to stay on track.

