



V-LEARNING COMMUNITY

Meal Ideas

Combining Ingredients

By keeping a few ingredients on hand like...

- Sautéed vegetables
- Tofu steaks
- Cheese sauce
- Chickpea tuna
- Yuba or rice paper

...a number of dishes can be easily prepared by adding ingredients or combining a few items.

- Mac & cheese
- Tuna casserole
- Tofu steaks with yuba chicken strips
- Cheese sauce on pasta or a starter for a soup base.

Developing a system for meals

I often setup my plate with grains and then a few vegetables surrounding it - potluck style. Then pour over some type of sauce (mix of cooked legumes for the base).

I often keep on hand a mix of:

- Fresh and frozen vegetables like spinach, broccoli, peas, carrots, sweet potato, tomatoes, corn, squash, and yams.
- Grains like millet, quinoa, amaranth, teff, sorghum, and buckwheat
- Legumes like chickpeas, black beans, kidney beans, navy beans, soy beans, and pinto beans.

