



V-LEARNING COMMUNITY

Meal Ideas and Staples

Combining Ingredients

By keeping a few ingredients on hand like...

- Tofu
- Flat Bread
- Creamy base
- Chickpea tuna
- Mix of vegetables, grains, and legumes

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

- Mac & cheese
- Tuna casserole
- Tofu eggs with yuba or tofu bacon
- Pizza with tomato, cheese sauce, and vegetables
- Creamy legumes for a soup base, dressings, etc.

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.

Kitchen and Pantry Staples:

- Fresh and frozen vegetables: mushrooms, broccoli, cauliflower, carrots, tomato, green beans, corn, peas, zucchini, squash (yellow, butternut, and spaghetti), eggplant, asparagus, brussels sprout, rutabaga, turnips, parsnips, sweet potato, yams, kale and spinach.
- Fermented: cabbage (sauerkraut), cucumbers (pickles), miso (sea vegetables), and olives
- Fruits: apples, pear, orange, grapes, mango, melon, berries, peach, banana, and dates
- Grains: millet, quinoa, amaranth, teff, sorghum, kamut, fonio, rolled oats, and buckwheat
- Legumes: chickpeas, black bean and lentils, green lentil, red lentil, kidney, great northern, cannellini, adzuki, navy, soy, mung, fava, and pinto
- Nuts: brazil, walnut, pine, cashew, pecan, and almonds
- Seeds: chia, flax, pumpkin, sunflower, sesame, and hemp
- Spices: nutritional yeast, dill weed, Himalayan pink salt, black salt, pumpkin spice, rosemary, oregano, basil, thyme, garlic, onion, mustard seed, turmeric, and chili

