

Easy Plant Based Cooking II

“Cook enough food for more than one meal “ is a guiding principle of easy plant-based cooking. Once you discover some dishes that you like, be sure to cook them in quantity so you’ll have enough food for at least two or three meals. If you make enough chili for three meals, for example, and it takes one hour to prepare, then the average time spent per day is only twenty minutes. Vegetables, salads and breads to accompany the meal require relatively little time to prepare.

A large amount of pasta keeps in the refrigerator for up to a week. Use the same large batch of cooked pasta for several very different meals. For example, on the first day top some of the pasta with veggie balls and marinara sauce; on the second day blend some of the pasta with a spicy Thai peanut sauce; and on the third day use the remaining portion of your large batch of pasta to make unturkey Tetrazzini, using one of the delicious turkey alternatives made of soy and wheat.

Cooking rice for more than one meal also makes good sense. The same batch of rice that serves as a foundation for an Asian stir fry on day one can become part of a rice-vegetable salad on day two. On day three the last of the rice can be topped with spicy lentils.

A tasty veggie loaf is popular plant-based comfort food. A veggie loaf needs up to an hour to bake on the first day when it can be served with mashed potatoes and a plant-based gravy. On the second day slices of warmed veggie loaf can be placed on a bun and covered with sautéed onions and barbecue sauce. Slices of veggie loaf with mustard, pickles, and sliced tomatoes will make a delicious sandwich on the third day.

It’s not surprising that tofu is the subject of much discussion on talk radio. Cooks in this country are learning that tofu is versatile and convenient. It carries the flavor of whatever spices it is cooked with. Asians have flourished for thousands of years on a grain based diet, locally grown greens, and tofu and other soy foods. Cube tofu, slice it, or mash it with seasonings and sauces for easy and nourishing dishes.

If the amount of food left over from your meal is too small for another meal think how it can be combined with whatever else you have in your refrigerator. A cup of leftover lentil stew or Indian dal adds wonderful flavor, texture, and nutrients to marinara sauce. A roll filled with meat and cheese alternatives and leftover, drained coleslaw makes an outstanding sub sandwich.

Develop a repertoire of five easy, plant-based dishes that you like, and prepare them in order. If you cook in quantity and enjoy each dish for at least three days you’ll find that the five recipes will provide enough food for two weeks of meals. Gradually expand your collection of favorite recipes, and before long you’ll be enjoying many familiar dishes that you can cook with ease.

