

# Vegetarian Cooking

## Grains, Legumes and Vegetables

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**Vegetarian Cooking** – isn't always about replacing meat in your diet, it is about changing the way you cook to create delicious meals without the use of meat. Sure meat can be replaced by veggie meat, burgers, tofu, or other forms of vegetarian meat substitutes, but vegetarian cooking doesn't always mean replacing it. It simply means cooking without it. Replacing it with store bought substitutes can be delicious and I do it often, but these substitutes are not cheap, especially when compared to cooking with beans and grains.

Many place, in fact most places around the world, do not base their meals around what meat they are cooking. Grains, legumes and vegetables are the basis of their diets. So, for us to think we can't survive without eating meat, we are wrong.

What I have decided here is a way for you to prepare simple, inexpensive and delicious vegetarian one or two dish meals. Once you get the idea of preparation, you will see just how easily it is done to save money, or switch out a few meals a week if that is what you want to do.

### **Grains, Beans, Proteins and a proper balance**

On your place should include:

Grains 40 – 50%

Vegetables 30 – 50%

Beans 10 – 20%

Everything else adds up to 10%

Use your grains and beans to form the hearty center of your meal and base everything else around them. The optimum amount of grains to bean for the best complete protein is 3 or 4 to 1, grains to beans. Dairy like cheese, or egg should be included in that extra 10%

Combining any two proteins ex: grains and legumes or legumes and dairy, offers your body a complete protein. Quinoa is the one grain that is a complete protein all in itself.

Grains	Vegetables	Legumes
<ul style="list-style-type: none"> <li>• Rice – all variations</li> <li>• Bread and bread products</li> <li>• Oatmeal, oats</li> <li>• Barley</li> <li>• Hot grain cereals</li> <li>• Quinoa</li> <li>• Bulghur</li> <li>• Pasta</li> </ul>	<ul style="list-style-type: none"> <li>• Onions and garlic</li> <li>• Carrots – chopped or grated</li> <li>• Celery</li> <li>• Cabbage</li> <li>• Canned tomatoes</li> <li>• Peppers</li> <li>• Potatoes</li> <li>• Corn</li> <li>• Zucchini</li> <li>• Peas</li> <li>• Green beans</li> <li>• etc</li> </ul>	<ul style="list-style-type: none"> <li>• Lentils – red or green</li> <li>• Beans – black, red, brown, pinto, white, garbanzo, kidney, etc</li> <li>• Split peas</li> </ul>

## Spices

Basic	Indian	Warming	Mediterranean	Savory	Oriental	Mexican
Salt Pepper Garlic Ginger Onion Lemon juice Dill	Turmeric Cumin Coriander Bay leaf Mustard seed Fennel Chilies	Allspice Cinnamon Cloves Nutmeg Pepper Cardamom	Basil Oregano Marjoram Thyme Bay leaf Mint Lemon juice Red wine vinegar Balsamic	Rosemary Sage Parsley Thyme Pepper Nutmeg Marjoram Basil Bay leaf	Soy sauce Rice or wine vinegar Basil Chilies Sugar Miso Garlic Black bean garlic sauce	Chilies Cumin Oregano Garlic Chipotle Taco seasonings

## **The Basics**

Pick your meal, either salad, main dish, soup, etc

Pick your spice combination or flavors

Decide which grains, legumes and vegetables to use, and go for it.

Create a great meal.

## **Choose your grains, spices, and main ingredients:**

- The grain
- The spices
- The oil
- Main vegetables
- Complement with legumes, tofu, etc
- Garnish with light greens, nuts, cheese, etc

## **Basic Method:**

1. Heat your oil
2. Add in any veggies or condiments you want to cook in the oil – like onions, garlic, ginger, chilies, cumin, etc
3. Chop and add any other veggies and spices.
4. Add the legumes and other complements.
5. Final garnishes

**Rice or Grain Salads – consist of some of the following – depending on what you like.**

**Dressings**

**Vegetables**

**Grains**

**Beans or legumes**

**Granishes** – cheese, nuts, seeds, etc

**Vegetables** – choose 3 to 4 to make your salad – scallions, parsley, cherry tomatoes, peppers, radishes, carrots grated, zucchini grated or chopped, celery chopped, peas, corn, cucumber, etc

**Grains** include – rice of any kinds, bulghur, pastas, quinoa, barley, etc

**Beans** – pintos, kidney, red, black, lentils, chickpeas etc – proportions should be about 3 or 4 to 1 grains to beans

**Stews, Soups, etc – with beans as the main**

1. Cook beans thoroughly and rinse well. Add fresh water, bring to boil, and add spices. Spices could include things like seasonings, bouillons, gingers, etc
2. Add some vegetables – including diced tomatoes (if you don't like the chunks, run them through the blender and then add them.) They make a nice base with the spices. Potatoes, beets, squash, corn, peas, carrots, etc
3. Sauté onions, garlic, condiments like that and add to the soup or stew base
4. Add any garnishes – cheese, make dumplings, taco chips, etc

**An Example of how the same ingredients may vary slightly to offer a whole new meal.**

### **Rice, Veggies and Diced Tomatoes – Spices Indian**

1 c rice

1 ½ c water

½ tsp salt

¼ tsp turmeric

Salt and pepper

1 medium onion chopped

1 stalk celery chopped

1 zucchini chopped

1 small can diced tomatoes

Small amount of oil and or butter

½ tsp whole brown mustard seeds

½ tsp whole cumin seeds

Cook rice as usual, with turmeric added.

While the rice is cooking, heat the oil and butter. Add the mustard and cumin seeds. When they start to slightly pop, add the garlic and let cook another minute. Add onion and celery and sauté. Add zucchini and cook slightly soft. Add tomatoes and heat through. Stir in the cooked rice and cook for 3 minutes to blend flavors. Serve immediately. For a variation you could add in ½ cup cooked lentils or red beans.

## **Rice and Veggies Mexicano – Spices Mexican**

2 – 4 tbsp olive oil

1 tsp chili cut up – depending on how hot you want it

2 cloves garlic

1 onion chopped

1 stalk celery, chopped

½ tsp oregano

½ tsp ground cumin

Salt and pepper

3 cups cooked rice

1 tbsp lime or lemon juice

Scallions or parsley to garnish

Eggplants, corn, or beans optional

Sauté the chili in the oil as it heats. Add garlic and sauté another minute, then add the onion, celery and spices and sauté until onion is transparent. Add eggplant, beans, corn, or others and sauté until tender. Stir in the cooked rice and heat. Just before serving add lime juice and stir in garnish.

## **Rice with Pinto Beans and Veggies – Spices Oriental**

Canola oil or other

2 tsp chopped ginger

2 cloves garlic chopped

1 med onion chopped

1 bell pepper or Anaheim pepper chopped

1 stalk celery chopped

¼ tsp turmeric

½ tsp dried basil

1 small can diced tomatoes

2 cups cooked pinto or other beans, drained or 1 can rinsed and drained

3 cups cooked rice

1 – 2 tbsp soy sauce

1 tbsp red wine vinegar or to taste

Sauté the ginger and garlic in the oil. Add onion and sauté until transparent. Add bell peppers and sauté until soft. Add tomatoes and heat, then add the beans and heat. Add rice and heat. When hot, add the soy sauce and vinegar and heat another few minutes. Serve

Add other vegetables like zucchini or grated carrot



## Quinoa Patties – Spices Mediterranean

1 c quinoa

2 c water

½ tsp salt

Oil for frying

½ tsp basil

½ tsp oregano

1 tsp thyme

3 – 4 cloves garlic, minced or crushed

Salt to taste

3 eggs can substitute mashed potatoes as a binding agent

Optional: avocado, sliced tomato, feta cheese, salsa

Cook quinoa as you would cook rice. When cool, mix with eggs or potatoes, salt and spices. Heat oil on low. Create patties from mix and fry in the oil on each side until golden brown and crunchy. Serve with optional garnishes or eat plain.

## **Quinoa casserole – spices savory**

4 cups cooked quinoa

2 small eggs – tofu substitute

1 small zucchini

1 yellow bell pepper

1 tomato

1 onion

1 tbsp rosemary

1 tsp sage

1 tsp thyme

1 tsp salt

Optional: grated cheese for topping

Sauté garlic and onion in oil. Add spices, zucchini and pepper and sauté. Add tomato. Cook 5 minutes. Add to cooked quinoa and mix. Put in an oiled casserole dish and cover with foil. Bake at 350 for 30 – 45 minutes. Serve and enjoy.

## **Quinoa Veggie Salad**

2 c cooked hot quinoa

1 c frozen peas

1 c frozen corn

3 – 4 tbsp olive oil

1 tbsp dried dill

½ tsp salt

6 – 8 scallions chopped

½ tsp black pepper

2 – 4 tbsp red wine vinegar

Put frozen veggies in a bowl. Add hot rice and mix. Add other ingredients, stir and adjust seasonings according to tastes.

Variations: Use rice, or add cooked cooled black, brown or red beans – try a different spice mix.