

The Basic Foundation to Making a Tasty Meal

1. Start with sauteing onion and garlic (about 1 small onion or half of a large onion depending on how much food you are cooking, (use of oil is optional, otherwise use water or a very small amount of oil or oil spray)
2. Once onion browns, add tomatoes and cook to form a paste, add salt taste and spices of your choice (we use curry and black pepper, but instead you could use cardamom, cumin, cloves, coriander, “ras el hanout”, etc). Add some water or plant-based milk if too dry.
3. Add whatever you are cooking to the paste, be it can of beans, or cubed tofu or fresh veggies like kale, squash, collard greens, cabbage, mushrooms, etc.
4. Add ½ cup or so of water or plant-based milk (preferably the milk to make it creamier)
5. Let cook till tender enough (add more milk if necessary).

This can be applied to pretty much anything you wish to cook.

[if cooking tofu squeeze some of the water out first, then cube, and marinate (in veggie broth or marinade of choice for ½ hour or more or even overnight. Our shortcut is to just cook the tofu and marinade in the microwave for a few minutes. When you return tofu to the pot, you will usually need add some more fluid]