



## **Yummy Organic Vegan Meals using the “One Pot No Fry” Technique**

Here are some yummy organic vegan meal ideas you may enjoy. The technique I use to create these dishes I have termed the "One Pot No Fry"; with it you can make nutritious, inexpensive meals for breakfast / lunch / dinner (& even dessert!) in a way that is versatile, creative, quick, simple, and easy to clean up.

Essentially, with the one pot no fry technique, you add chopped veggies (or fruit if it's a dessert or breakfast dish), nuts, oils, and seasonings to a cooked pot of grain or starch (such as rice, quinoa, barley, pasta, potatoes, sweet potatoes) and/or beans, and let the heat of the cooked base lightly steam and warm the veggies or fruit so they are tasty and tender, but not cooked at a high temperature. Using primarily raw or very lightly steamed / warmed fruits and veggies brings out the flavor, while also giving maximum health benefit and saving time and energy. You can use any of your favorite combination of grains/starches, fruits/veggies, beans/nuts, and seasonings. I like to think of it as choose your own adventure in the kitchen!

If you want to make dishes for both supper & dessert or breakfast & lunch at the same time (i.e. brown rice with broccoli and almonds for supper and brown rice with bananas and almonds for dessert), cook extra grain / starch. When done, remove ½ of cooked base into a large bowl for the sweet dish, add other ingredients to it, and cover with a plate or lid to keep in heat – fruit doesn't need much time to warm up and it's best to not cook fruit at all. Then use the main pot for your savory dish combination.

### **Steps for the One Pot No Fry Technique:**

1. Choose your base (i.e. whole grain, potatoes, pasta)
2. Choose your protein (beans, lentils, tofu, tempeh, nuts, seeds, etc.)
3. Choose your veggie(s) (or fruit if it's a breakfast / dessert dish)
4. Choose your seasonings (organic olive or sesame or coconut oil & sea salt are good stand-bys)
5. Cook the base (and beans if using - can cook beans in same pot with base or separately and mix in at the end) in a big pot (extra room needed for later) with a lid. Cover with lots of filtered water + an extra inch (I like to use lots of water when I cook the base so it won't possibly burn and I can do other things while it's cooking). Drain off or drink excess cooking water when done or keep in the pot for a soup-like consistency. Most of the water will be absorbed during cooking, esp. if you are cooking beans, grains.
6. While base is cooking, chop veggies / fruits & prepare seasonings.



7. When base is done cooking, turn off the heat, drain off excess water (if applicable, e.g. pasta) toss in rest of ingredients, stir, and cover. Let sit for a couple minutes to lightly steam and warm the veggies / fruits. Serve & enjoy! Or for a customized approach for each person, serve individual portions of base into separate bowls (1 per person) and people can mix and match seasonings and add-ins into their own bowls, according to their tastes. The heat of the base will steam / warm the veggies / fruits in the bowl.

A few notes on serving sizes and where to find organic ingredients:

- The quantities are for an average family size (2 adults + 2 children, with some leftover) - adjust amounts as needed. If cooking for 1 person, I recommend you start with half the amounts listed. I have found organic vegan food to be very light and to digest quickly, especially for those new to vegan food, so I like to allow for larger portions than what is typically served. Typically, this means doubling the serving size for each person (so if cooking for 2 people, cook the amount suggested for 4 servings)
- All the ingredients I have listed below are organic, and you can find them at [Ellwood Thompson's](#) local market in Richmond, VA, Whole Foods, or Trader Joe's. I especially like to purchase from the bulk food sections (available at Ellwood Thompson's and Whole Foods), as items like dried beans, nuts, fruits, flours are available organic, fresh, and inexpensive. You can also try small amounts of different foods.
- Many of these ingredients can be combined in new and different ways in other recipes, so it is a good idea to stock up on your favorite grains/pastas, dried beans, nuts, dried fruits, herbs, and oils. Having a good supply on hand will ensure you have the fundamental ingredients for different recipe combinations.
- The food combination ideas in the next section are just a starting point – mix and match any combinations of grains / starch, veggies / fruits, beans, nuts / seeds, and spices that you think might taste good! You may surprise yourself with some fun new creations!

### **Ideas for One Pot No Fry Technique Food Combinations**

#### **Brown Rice, Chickpeas (and/or Almonds), & Broccoli**

- Brown rice (9 cups cooked - 3 cups uncooked rice) (or potatoes are also good)
- Chickpeas (garbanzo beans) - (1 cup dry uncooked - dry beans are best)
- soak in lots of filtered water overnight before cooking (will cook faster and be easier to digest); give soak water to plants - they love it!
- Raw almonds, flax seed, or other favorite - (1/2 cup) (soak nuts and seeds in filtered water overnight if possible prior – easier to digest; flax and sesame seeds can be eaten without soaking)



- Broccoli (1 bunch) (or other favorite green veggie - spinach, kale, or zucchini also work well)
- Cumin or coriander spice (a couple generous shakes, to taste) (or parsley or oregano for milder taste)
- Sea salt (a couple generous shakes, to taste)

### **Pasta Primavera**

- Whole wheat or other grain pasta - cook enough for 6 servings, drain water after cooking
- Broccoli - (1 bunch) (or other favorite green veggie - spinach, kale, or zucchini also work well)
- Cherry or grape tomatoes (1/2 package)
- Olive oil - a few tablespoons, to your liking
- Favorite Italian herbs - Oregano, basil, rosemary, &/or thyme ( couple pinches, more to taste)
- Sea salt (a couple generous shakes, to taste)

### **Breakfast Power Up**

- Brown Rice (or quinoa, oats, barley, or other favorite grain) (9 cups cooked – 3 cups uncooked)
- Bananas (4 ripe) or other favorite fruit (apple, pear, peach, mango) or dried fruits (apricots, dates, or raisins are awesome!) - be sure not to cook fruit so you keep its nutritional value
- Favorite raw nuts / seeds (cashews, almonds, walnuts, flax seed, pumpkin seed are all yummy) - 1 cup
- Soy / coconut / almond / oat / hemp / rice milk, if desired (~1/2 cup - add more to get desired consistency)
- Agave syrup, maple syrup, or brown sugar, if desired (to taste)
- Cinnamon / nutmeg, if desired (to taste)
- Sea salt (a couple dashes, more to taste) - brings out the sweet and salty contrast!

### **Other Favorite Combinations**

#### **Sweet:**

- White quinoa, figs, apples, cinnamon, sea salt
- White quinoa, pears, dates, lemon juice & lemon rind, sea salt
- Brown rice, almonds, bananas, flax seed, rice milk, sea salt
- Couscous, raisins, apples, orange rind, cinnamon, sea salt

#### **Savory:**

- Red quinoa, spinach, olive oil, cumin, sea salt
- Red potatoes, celery, tomatoes, cracked/popped brown mustard seeds, olive oil, sea salt
- Sweet potato, black beans, couscous, garam masala (Indian spice blend of cinnamon, coriander, cardamom, black pepper, cumin), sea salt



- Brown rice, green lentils, tomato, carrots, olive oil, sea salt
- Green split peas, potatoes, carrots, cumin, olive oil, sea salt
- Gold/yellow potatoes, purple cabbage, carrots, olive oil sea salt

Be creative in your cooking and enjoy it! I look forward to your feedback and would love to see any new recipe ideas also. Feel free to contact me with questions & happy cooking!

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