



Quick and Easy Organic Food Prep Ideas

Here are some quick and easy to prepare ingredients for the One Pot Stir Fry technique that require minimal prep or cooking time. For super speed, I would recommend using raw nuts as they don't require any cooking, are high in protein, and yummy!

Be sure to soak raw nuts, seeds (except sesame and flax – these you can use dry), and dried beans in filtered water (without chlorine if possible) for at least 4 hours or preferably overnight before using them. I usually set them out to soak the night before and then pour off the water in the morning and use them the same day, unless I am sprouting them – see Sprouted Bean Recipes for more info on sprouting beans.)

Veggies

Baby Spinach (in package, pre-washed)
Snap Peas
Brussel Sprouts
Baby Carrots
Green Beans

Fruits

Grape / Cherry Tomatoes
Avocado (technically a fruit!)
Bananas
Grapes
Strawberries
Blueberries / Raspberries / Blackberries
Dried fruits - apricots, prunes, coconut, figs, pitted dates, figs, raisins

Quick Cooking Beans / Legumes (15 - 20 minutes to cook)

- Lentils
- Chickpeas (soaked at least 4 hours, served raw)
- Mung beans
- Adzuki beans
- Split Peas

Quick Cooking Grains & Starches

- Quinoa (red, white, or black & white tuxedo color)
- Couscous
- Millet
- Pasta (available with flour made from brown rice, quinoa, whole wheat, veggies)
- Small or chopped Potatoes or Sweet Potato or Yam



- Brown Rice Flour (add hot water until becomes like a mash / meal consistency)
- Corn Grits
- Quick or Whole Oats or Oat Bran – add hot water and let sit a few minutes until soft
- Flat Breads (see Quick Breads & Flat Breads Recipe for more info)

Quick Cooking One Pot Stir Fry Recipe Ideas

Savory

- Pasta, chickpeas (raw), flaxseed, spinach &/or tomato, olive oil, sea salt
- Quinoa, sunflower seeds, avocado, olive oil, sea salt
- Couscous, adzuki beans, baby carrots, sesame seeds, olive oil, sea salt
- Corn grits, adzuki beans, brussel sprouts or green beans, olive oil, sea salt, pepper
- Sweet potato, green split peas, olive oil, sea salt
- Quinoa, lentils, tomato or spinach, cumin, olive oil, sea salt
- Potato, split peas or mung beans, olive oil, sea salt
- Potato, sunflower seeds or flaxseed, spinach, olive oil, sea salt
- Red quinoa, snap peas, flaxseed, olive oil, sea salt

Sweet

- Quinoa, dates, pears, lemon juice & chopped rind, sea salt
- Couscous, peaches or nectarine, almonds, sea salt
- Quinoa, banana, almonds or sunflower seeds, sea salt
- Quinoa, sweet potato, raisins, cinnamon, sea salt
- Corn grits, sweet potato or yam, apricots, cinnamon, sea salt
- Millet, berries, almond or rice milk (optional), cinnamon, sea salt
- Quinoa, raisins, hazelnuts, cinnamon, sea salt
- Brown rice flour or oat bran, bananas, flaxseed, sea salt

Hope this helps save you time and energy in the kitchen! Be creative so you can come up with your favorite combo!

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