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Hummus & grilled veggies

Ingredients

Chickpea's (soaked overnight)
Cumin
Salt
Garlic
Olive oil
Tahin
Carrots
Potatoes
Any veggies you like
Bread
Salad

Recipe

1. Make the hummus: blend a handful of chickpeas, a spoon of tahin, a little spoon of olive oil and a glove of garlic. You can add any flavor you like, such as mint or sundried tomatoes.
2. Cut up the veggies you like in slices. Sprinkle a spoon of olive oil on them, add some Himalayan salt and mix with your hands so all the veggies get some oil and salt. Then spread out on an oven plate and bake until veggies are soft.
3. Serve together with some bread and a fresh green salad (think: lettuce, red onion, cucumber and coriander. Add some olive oil, nuts and spices as you like.)

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A good soup

Ingredients

Onion
Garlic
Carrots
Broccoli
Potato
Tofu
Rice (noodles)
Fresh herbs like chives
Lemon, ginger

Recipe

1. Fry 1 onion, 2 garlic gloves, 3 carrots, 1 broccoli and 3 large potatoes in a cooking pot with some olive oil.
2. When they glaze a bit, cover the veggies with water. Let cook for about 45 minutes.
3. Mix the soup until smooth.
4. Bake some tofu in a pan. Cook some rice or rice noodles separate.
5. Add both in your bowl of soup. You can also add some fresh chives, lemon grass, ginger or fresh lemon for extra flavor.

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Burger time!

Ingredients

Black beans (soaked overnight)
Pepper
Onion
Oats
Bread
As you like: lettuce, tomato, freshly cut onion, pickles…
Sweet potato

Recipe

1. Blend a handful of black beans and ½ an onion until you have a paste. Mix in the oats with your hands until you have a nice texture where you easily make burgers from.
2. Bake the burgers in some oil (olive, coconut, corn…).
3. Take a bread bun, put your burger, add your favorite veggies and close with another bun.
4. Bake or fry some sweet potatoes to eat with your burger.