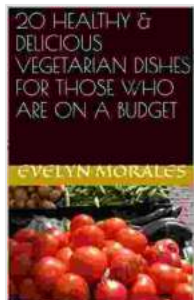


20 Healthy and Delicious Vegetarian Dishes for Those on a Budget



20 HEALTHY & DELICIOUS VEGETARIAN DISHES FOR THOSE WHO ARE ON A BUDGET by Allie Allen

★★★★★ 5 out of 5

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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
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If you're looking for healthy and delicious vegetarian dishes that are also budget-friendly, you've come to the right place. This collection of 20 recipes has something for everyone, from hearty soups and stews to flavorful curries and stir-fries.

All of these recipes are easy to make and use affordable ingredients that can be found at most grocery stores. So whether you're a seasoned vegetarian or just looking to add more plant-based meals to your diet, you're sure to find something you'll love.

1. Lentil Soup

This hearty and flavorful soup is a great way to warm up on a cold day. It's made with lentils, vegetables, and spices, and it's packed with protein and

fiber.



Ingredients

* 1 cup dried lentils, rinsed * 1 onion, chopped * 2 carrots, chopped * 2 celery stalks, chopped * 3 cloves garlic, minced * 1 teaspoon ground cumin * 1 teaspoon ground coriander * 1/2 teaspoon turmeric * 8 cups vegetable broth * Salt and pepper to taste

Instructions

1. In a large pot, sauté the onion, carrots, and celery in olive oil until softened. 2. Add the garlic, cumin, coriander, and turmeric and cook for 1 minute more. 3. Add the lentils and vegetable broth. Bring to a boil, then reduce heat and simmer for 30 minutes, or until the lentils are tender. 4. Season with salt and pepper to taste.

2. Black Bean Burgers

These burgers are a delicious and healthy alternative to traditional beef burgers. They're made with black beans, quinoa, and vegetables, and they're packed with protein and fiber.



Ingredients

* 1 (15 ounce) can black beans, rinsed and drained * 1/2 cup cooked quinoa * 1/2 cup chopped onion * 1/2 cup chopped green bell pepper * 1/4 cup chopped red bell pepper * 1/4 cup bread crumbs * 1 egg, beaten * 1 tablespoon Worcestershire sauce * 1 teaspoon ground cumin * 1/2 teaspoon salt * 1/4 teaspoon black pepper

Instructions

1. In a large bowl, mash the black beans until mostly smooth. 2. Add the quinoa, onion, green bell pepper, red bell pepper, bread crumbs, egg, Worcestershire sauce, cumin, salt, and black pepper. Mix well. 3. Form the mixture into patties. 4. Heat a little olive oil in a skillet over medium heat. Cook the patties for 3-4 minutes per side, or until cooked through. 5. Serve on buns with your favorite toppings.

3. Vegetable Stir-Fry

This stir-fry is a quick and easy way to get your daily dose of vegetables. It's made with a variety of vegetables, including broccoli, carrots, and bell peppers, and it's seasoned with a simple sauce.

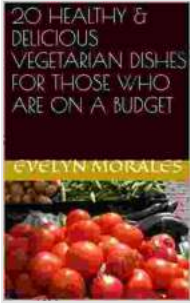


Ingredients

* 1 tablespoon olive oil * 1 onion, chopped * 2 cloves garlic, minced * 1 cup broccoli florets * 1 cup carrot slices * 1 cup red bell pepper strips *

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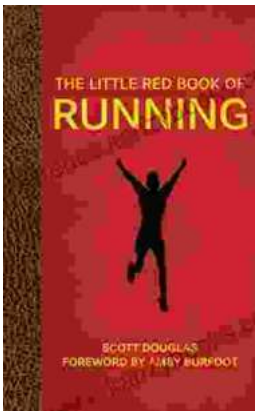


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