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EVERYTHING BUT THE KITCHEN SINK
(Desert Dogs California)
(Dated April 9, 2020)

Around here supplies are still in short supply, so I've often had to get pretty creative in the kitchen. This dish which I call "everything but the kitchen sink" uses whatever I happen to have on hand. Bonus points if it needs to be used up before going bad or stale.

For this particular meal in the photo I used: 1/2 sweet potato, 1 vegan sausage, 1/4 bag of frozen veggies, 1/4 red onion, a few bell pepper strips and 2 mushrooms. I drizzled it with olive oil, sprinkled salt and pepper and a few sprigs of fresh basil that I grow on my windowsill. I microwaved the raw sweet potato first and then tossed everything together and baked at 375 for 30 minutes.

I've made this a couple more times with some differences. One time I replaced the sausage with half a can of white beans I had leftover from making tacos. Another time I replaced the store bought sweet potato with a couple carrots that were leftover from my winter garden. What have you all been creating during the quarantine? Any new recipes that surprised you?



Photo by Desert Dogs California

About Budget Vegan

Budget Vegan is authored by a blogger who goes by Desert Dogs California, and has entries dating from 2009 through 2021.

Desert Dogs California talks about financial struggles as well as shortages and other difficulties encountered during the worst of the COVID pandemic.

The featured recipe shows a spirit of adventure, improvisation, and frugality that we should all channel in our cooking!

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