Mrs. Vegan's WFPB Dinner Recipes

ALOO GOBI MATTAR

½ onion, chopped
1 clove garlic, minced
½-inch slice fresh ginger, minced (optional)
¼ cup water, sherry, or dry vermouth
One 14-oz can diced tomatoes*
3 cups fresh or frozen cauliflower florets
2 potatoes, peeled and diced
1 tsp ground cumin
1 tsp garam masala or curry powder
½ tsp turmeric
½ tsp garlic powder
¼ tsp each salt and pepper
2 cups frozen green peas

In a large pot, sauté the chopped onion, garlic, and ginger if using, in water or other liquid for about 3 minutes. Add the remaining ingredients except the peas; cook at medium heat for about 20 minutes or until the cauliflower and potatoes are tender. Add the green peas, bring to a simmer, and cook about 5 minutes. Serve with brown rice.

*You can use one-half of a 28-oz can and reserve or freeze the rest for a later use.

BROWN RICE

1 cup brown rice

2 2/3 cups water

In a large pot, bring the rice and water to a boil; lower the heat to "Low," cover, and cook about 45 min. (If you have an electric stove, cover partially until temperature lowers, then completely cover pot.) At the end of cooking time, if the rice sticks to the pan, take the pot off the heat, add ½ c water, and cover. In a few minutes, the rice will spoon easily even from the bottom of the pan.

This is a good ratio of rice to water. For a larger crowd you can cook 1½ cups of rice in 4 cups of water (easy to remember).

