

Inclusivity for Vegetarians or, how to get meat-eaters to eat your food or how to cook for around a dollar per person.



During 15 plus years of cooking almost every week for over 20 people, I migrated to TVP, aka textured vegetable protein (warning it is a soy product). It is virtually tasteless, comes as dried slices, chunks, and granules. (Cheapest from bulk stores etc) But with a good sauce even cardboard tastes good! Meat always adds to a sauce so it is critical to supplement flavour by soaking TVP in some boiling water with vegetarian stock powder.

Tony's easy 1 hour secret Chilli (everything approx)

- 2 cans of Primo or Hunt's Hot and Spicy pasta sauce
- Half a bottle of green tomato salsa (or home made)
- 2 large cans of Kidney beans or 1/2 kg of dried kidney beans soaked and boiled until soft
- 2 tbsp of Marigold vegetable bouillon (see Amazon)
- 1 heaped tbsp of Clubhouse roasted garlic and sweet pepper
- 1 litre of TVP chunks or granules (don't over cook! Or add Bulgar wheat for crunch)
- Chillies dried or fresh or powdered to taste
- 2 kg bag of frozen vegetables



Tony's easy 40 minute Curry (everything approx)

- 1.5 cups of Ottogi Curry sauce powder (Korean supermarket or Amazon)
- 2 large cans of Chickpeas or 1/2 kg of dried chickpeas soaked and boiled until soft
- 2 tbsp of Marigold vegetable bouillon (see Amazon)
- 1 litre of TVP chunks or slices
- Chillies dried or fresh or powdered to taste
- 1 kg bag of frozen hash brown & 1 kg of frozen carrots etc

