

cheap Vegan Meal Ideas for Students

by Mina Rome & Createrials

1. Watch the video and complete the sentences:

In the video we learn to cook meals

The price of the products depends on your , and season

The ingredients of the recipes are and in most places

MEAL

1

She burritos for her non-vegan friends

There wasn't any in the meal

The first step is to rice in the stove

We need to cook the head of the together with the rice.

We know broccoli it's cooked when it's
green

She cuts the mushrooms in shapes.

She cuts the mushrooms that way because so
they don't have the shape.

You can use instead of mushrooms.

It's important not to the tortillas

MEAL

2

You don't need to use the complete piece of
..... to cook this recipe

You can mix with water if you want a
cheaper version of the recipe

Pour a can of coconut oil when potatoes are

.....

MEAL

3

A normal onion is called a

She hasn't used because she hasn't tried
it

She mixes and in the pan

MEAL

4

..... the banana before adding it to the mixture.

Use medium-high heat and so nothing burns

..... it in a small bowl

The she uses are really tasty and sweet

2. If you had to try one of these meals, which one would it be? Why?

3. If you had to cook one of these meals, which one would it be? Why?