

# 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?