

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

..... of the products depends on your town, markets and season

The price of the meal appears of the video

MEAL She burritos for her non-vegan friends

1

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.

She cuts the mushrooms in shapes.

Later, we need to the mushrooms.

It's important not to put a lot of ingredients in
the

You can the tortillas for 30 seconds.

Warm up the tortillas in the

People in told Mina to cook this meal

MEAL 2

Don't use a complete, just one part

Cut onions and them for 3 to 5 minutes

Use for a lighter version of the dish.

Serve it with and fresh herbs

MEAL 3

A normal onion is called a onion

Mix and mushrooms in the pan

She mixes and in the pan

MEAL
4

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

Use medium-high heat and so nothing burns

Serve it in a small

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?