

## Cooking Tips for Vegetarians

The basic protein for most vegetarians comes from combinations of beans, whole grains and cheese. And we know that cooking a few cups of dried beans does not need to be difficult. This writer likes to begin by washing those beans in a colander, swing them into a unfathomable belly with plenty of liquid to counterbalance and bringing them to a boil. She turns the heat soured as soon as the liquid begins to bubble and stirs a heaping spoonful of baking soda into them. Then she lets the beans soak for four or five hours, rinses them discover in a colander, and washes the pot. Again she puts them into the belly with liquid to counterbalance and lets them cook for about an hour. Garlic, sage, rosemary, curry spices, any seasonings you want may be additional while they are cooking, except salt. When beans do not get tender, it is generally because the briny was additional likewise soon.

Easy as this method is, whatever days are only likewise hot for cooking beans. Tempeh is a good staple for hearty weather, and crapper be found in most grocery stores in the firm vegetables aisle. Cut it into cubes and put it into a steamer belly with liquid on the bottom, and let it clean for twenty minutes, or until it doubles in bulk. Cooking it this way gets disembarrass of such of the bitter flavor, and the soybeans in the tempeh are more easily digested. Once you hit steamed the tempeh, you crapper flavour it with spices and herbs to taste, and gently saute it in olive oil till your cubes are just metallic brown. These cubes crapper then be tossed into veggie salads, served on soups as croutons, or additional to brown rice and vegetable dishes. The possibilities are endless.

Nuts are another good hearty weather protein. This writer likes to use nut butters, including almond butter, cashew butter, tahini and peanut butter among others. She began experimenting with nut butters when she came across whatever recipes for peanut soup.