



Nutrition

VEGAN "MEAT" DEMO

1. Prepare these grains in advance of the class.

Cook in separate pots until they are tender. (Cooking times might vary)

	Quinoa	Lentils	Barley	Farro	Wheatberries
Grain	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.
Water	4 oz.	5 oz.	7 oz.	8 oz.	5 oz.
Approximate time	12- 15 mins.	15-17 mins.	30 mins.	30 mins.	22-25 mins.

1. Drain well, and chill to approximately room temperature
2. Other ingredients needed:

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| 2 tbsp. vegetable oil | 1/8 tsp. dried oregano |
| 1/2 cup minced onion | 1/2 tsp. chili flakes |
| 2 tbsp. minced garlic | 1/4 tsp. cayenne pepper |
| 1 tbsp. ground cumin | -Optional- |
| 1 tsp. smoked paprika | 1 tbsp. tomato paste |
| 1 tsp. garlic powder | Water, as needed |
| 1/2 tsp. onion powder | Salt and pepper to taste |

3. Procedure:

1. Heat large sauté pan over medium high heat.
2. Add the vegetable oil, and then the onions and garlic.
3. Add the drained grains and sauté while stirring for about 2 minutes.
4. Stir in the spices.
5. If desired, add the tomato paste and stir well.
6. Add just enough water to bring all the ingredients together, and slightly coat with the "sauce". (Approximately 3/4 cup needed)
7. Season as needed with salt and pepper.
4. Ask students to describe the taste and texture of the product.
5. If time, do the nutritional calculations together as a class.

<https://www.myfitnesspal.com/recipe/calculator>

(Notes: *Beef taco meat* was calculated as such- beef 2# 80/20 ground beef, 1 packet taco seasoning (1 oz.), 1/2 cup onion, and 3 cloves garlic; *Vegan taco meat* "seasoned to taste" was 1 tsp. kosher salt, 1/4 tsp. ground black pepper, and contained tomato paste; Each recipe makes 4 servings.)

For 1 serving:

	Calories	Carbs	Total Fat	Protein	Sodium	Sugar	Cholesterol
Vegan	276	41g	9g	9g	421mg	1g	0mg
Beef	321	7g	22g	19g	629mg	1g	80mg