

No Freeze Easy

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Challenge No 5



My One / Two Pot Meals

By Anita E Kohli

- Tomato Rice. I cook this with desiccated coconut and like it with boiled eggs or roasted peanuts on the side.
- Curd rice, papad and imli chutney for summer weekends.
- Chicken curry with potatoes, carrots and peas, with rice.
- Rajma curry - a standard rajma recipe with added vegetables and paneer - with rice.
- A regular side salad at home - sticks of carrot or cucumber, or sliced onion with lemon juice.

A pulao or a khichadi is a good idea too. Not a biryani I think, unless you're very skilled at making it efficiently, because the prep is quite a bit of work.

I balance all our meals by making them with chicken, paneer or pulses for protein, and adding an equal quantity of veggies. Brown rice works well for diabetics. No recipes here, because there are many online. Have fun with this challenge!

GOALS

WORKING WITHIN BARRIERS

Fresh is always best, but using the freezer to cut wastage, and eating leftovers once in a way does bring ease. But there's another way when the above is a family barrier. Or for busy-day last-minute meals.

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