



## Socially Active, Virtually – Chop & Chat : Vegetarian Cooking

Friday, April 9, 10:30-11:30am

Instructor: Minori Ide, West Vancouver Community Centre, [mide@westvancouver.ca](mailto:mide@westvancouver.ca)

Workshop link: [Click here to join Chop & Chat](#)

Don't have MS Teams app? Download here: <https://www.microsoft.com/en-ca/microsoft-365/microsoft-teams/download-app>

### List of cooking tools and list of ingredients

We will prep (like chopping and mixing) together, or you can prep partially in advance to do the next steps together: It's up to you.

#### Cooking tools you will need...

- Oven, preheated at 350°F
- Knife and a cutting board
- Bowls to mix: large, medium, small
- Measuring cup and measuring spoons
- Medium sauce pan for rice
- Large sauce pan, with oil
- Wooden spoon for cooking
- Can opener and strainer
- A square baking pan (8"x8" or 9"x9"), with parchment paper or aluminum foil
- Food processor, blender or hand masher
- Rubber or silicon spatula



## List of Ingredients (Pictured ingredients are not the complete lists, for visual reference only):

*Oil can be corn oil, sunflower oil, olive oil or canola oil*

### Vegetarian Curry and Brown Rice

#### Rice

- 1 ½ cups brown rice
- 3 cups of water
- ¼ tsp of salt



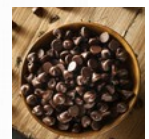
#### Curry

- 1 tbsp canola oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 tbsp curry powder
- 1 tbsp ground cumin
- 2 tsp chili powder
- ½ tsp ground cinnamon
- ¾ tsp salt
- 1 small (or ½ large) head cauliflower, cut into small florets
- 1 can (798 mL) no-salt-added diced tomatoes
- ½ cup water
- 1 can (540 mL) chickpeas, drained and rinsed
- 1 cup frozen green peas
- 1 cup plain Greek yogurt (1-2% M.F.) and ⅓ cup chopped fresh cilantro for serving



### Fudgy Chocolate Brownies

- 1 can (398 mL) black beans, drained and rinsed\*
- ¼ cup canola oil
- 2 tbsp honey
- 2 tbsp 2% milk
- 1 tsp vanilla extract
- 2 eggs
- ½ cup cocoa powder
- ⅓ cup sugar
- ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup semi-sweet or dark chocolate chips



\* If using a 540 mL can, measure out 1½ cups.

\*\* This recipe requires parchment paper or aluminum foil.

### A Cooking tip on how to fit a parchment paper in a baking pan

