

# Meal report

Entree - vegetable soup				
Ingredient	Quantity (g)	Source	Cost (MXN)	Percentage
Orange Bell Pepper	37.5	Farmers Market	\$30	10.64%
Carrot	33.75	Farmers Market (Clean Fifteen)		9.57%
Brocoli	103.125	Farmers Market		29.25%
Jitomate	91.875	Farmers Market		26.06%
Zucchini	69.375	Farmers Market		19.68%
Spinach	16.875	Farmers Market		4.79%
Rosemary	0.01875	Own garden		0.01%
Epazote	0.0375	Own garden		0.01%

Main dish - Lentils burger				
Ingredient	Quantity (g)	Source	Cost (MXN)	Percentage
Lentils	50	Market	\$ 3.00	14.27%
Oat flour	30	Chedraui Supermarket	\$ 0.75	8.56%
Soy flour	20	Farmers Market	\$ 0.80	5.71%
Paprika	0.025	Chedraui Supermarket	\$ 0.02	0.01%
Carrot	20	Farmers Market	\$ 0.40	5.71%
Red Bell Peper	10	Farmers Market	\$ 1.25	2.85%
Parsley	0.125	Farmers Market	\$ 0.03	0.04%
Cumin	0.0125	Farmers Market	\$ 0.01	0.00%
Onion	15	Farmers Market (Clean Fifteen)	\$ 0.23	4.28%
Garlic	0.25	Farmers Market	\$ 0.25	0.07%
1/2 tomato	5	Own garden	\$ 0.10	1.43%
Lettuce	12.5	Farmers Market	\$ 3.75	3.57%
Bread buns	187.5	Chedraui Supermarket	\$ 18.75	53.51%

Side dish - Guacamole				
Ingredient	Estimated quantity (g)	Source	Cost (MXN)	Percentage
2 avocados	400	Own garden	\$ 20.00	88.50%
1/4 onion	30	Farmers market	\$ 1.00	6.64%
1/2 tomato	20	Own garden	\$ 2.00	4.42%
1 spoonful of coriander	1	Farmers market	\$ 1.00	0.22%
1 lemon's juice	1	Farmers market	\$ 2.00	0.22%

## The process

1.- We went to our nearest market to buy some fresh ingredients for our meal, such as broccoli, carrots, and zucchini.



2.- Back at our place, we started cooking the lentils and, in the meantime, for the vegetable soup, we cut ingredients like carrots, pepper, zucchini, broccoli, and tomato. Then we made the plant-based burger with lentils, shredded carrots, oat, flour and spices.



3.- When the lentils patty was ready, we prepared everything for our final dish, putting everything together the lentil and serving our meal



### Finished dish

The final dish was a dinner with a variety of vegetables that cost less than 2 dollars per person



Using this type of food to make more affordable meals is possible, but it takes time. Cooking together with others helps reduce costs, which is an economic advantage. Likewise, by supporting local farmers, we can promote environmental sustainability.



← Publicaciones



roomies\_205

Angela Lansbury, Jerry Orbach, Chorus - Beauty And the Beast • Be Our Guest



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Les gusta a turninggreenorg y otras personas

roomies\_205 For today's challenge, we cooked a FLOSN-based meal for our team. We had so much fun working together and discovered that healthy food can also be delicious! ❤️

🥗 Our vegetable soup included:

- Bell pepper
- Carrots
- Brocoli
- Tomato
- Zucchini
- Spices

🍔 Our plant-bases burger included:

- Lentils

## ← Publicaciones



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🥕 Our vegetable soup included:

- Bell pepper
- Carrots
- Broccoli
- Tomato
- Zucchini
- Spices

🍌 Our plant-based burger included:

- Lentils
- Carrots
- Bell pepper
- Onion

Topping off with:

- Tomato
- Lettuce

🥑 Our guacamole garnish included:

- Avocado
- Onion
- Tomato

@turninggreenorg @environmentalworkinggroup @organiccenter @consciouskitchn #PGC2025 menos turninggreenorg What a beautifully presented meal! We love that you are learning that healthy food be delicious 🍃❤️

Hace 17 horas • Ver traducción