



COOKING WITH FLOSN



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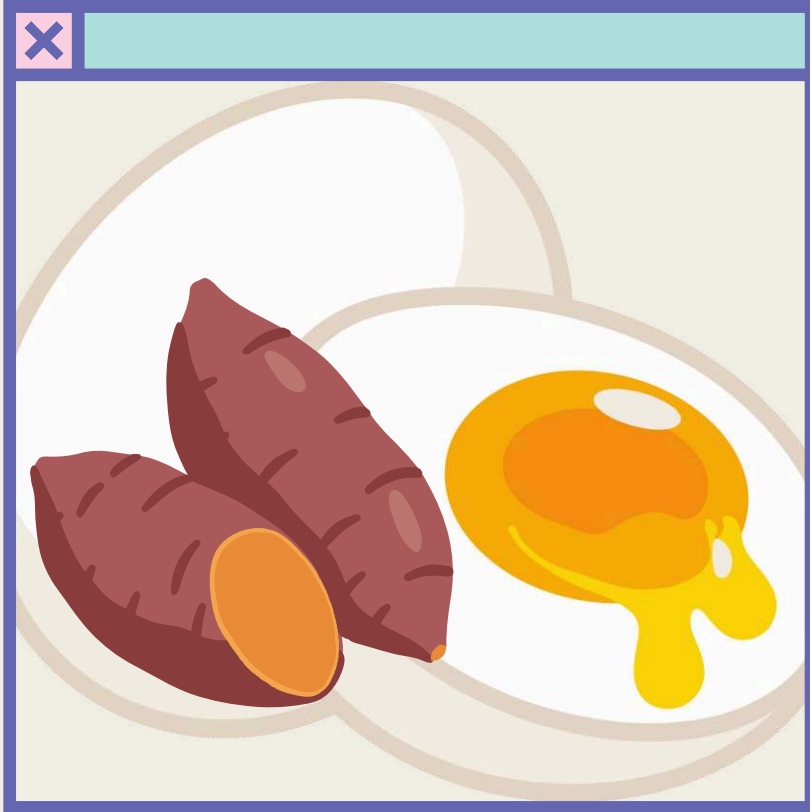


By Team Sustainovators



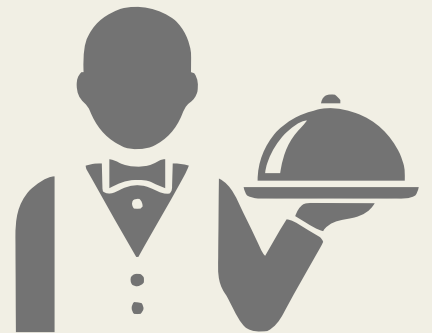
Username: cdamoani

MEAL PLAN

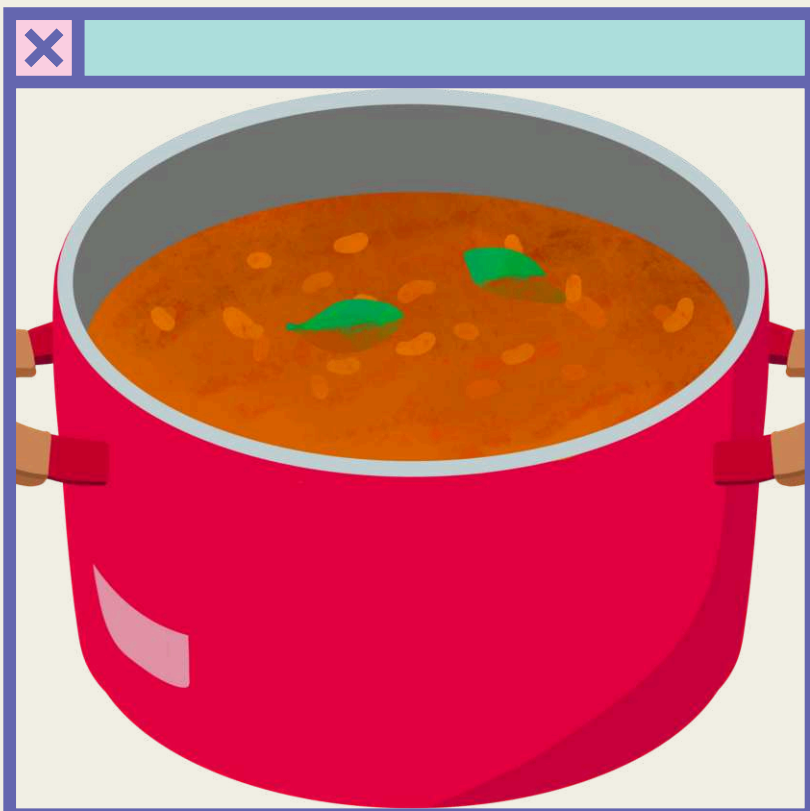


INGREDIENTS

- 1 piece ginger
- 1-2 fresh peppers
- ½ cup cooking oil
- Salt
- 5 medium fresh tomatoes
- 1 large onion
- 2 cloves garlic
- 2 medium yams



Servings : 2



Budget : 7\$

COST SHEET

| INGREDIENTS | TOTAL COST | COST per SERVING |
|-------------------|------------|------------------|
| • Ginger | .5\$ | .25\$ |
| • ` Fresh peppers | .5\$ | .25\$ |
| • Cooking oil | .4\$ | .2\$ |
| • Fresh tomatoes | 1.0\$ | .5\$ |
| • Onion | 1.0\$ | .5\$ |
| • Garlic | .5\$ | .25\$ |
| • Yams | 2\$ | 1\$ |
| • Eggs | .5\$ | .25\$ |
| TOTAL : | 6.4\$ | 3.2\$ |

REPORT / FLOSN SCORE

| <u>Ingredients</u> | <u>Score</u> |
|--------------------|--------------|
| • Eggs | 5 |
| • Fresh peppers | 5 |
| • Cooking oil | 2 |
| • Fresh tomatoes | 5 |
| • Onion | 5 |
| • Garlic | 5 |
| • Yams | 5 |

TOTAL : $32/35 = 91.4\%$



Boiled Yam



Ingredients:

- 2 medium yams
- 2 tbsp of Salt

Instructions:

1. Peel Yam and wash with water and salt
2. Cut yam into cubes of preferred size
3. Boil yam for 15-25 minutes with 1-2 tbsp of salt to taste
4. Strain water
5. Serve hot.



Tomato Stew and Boiled Egg



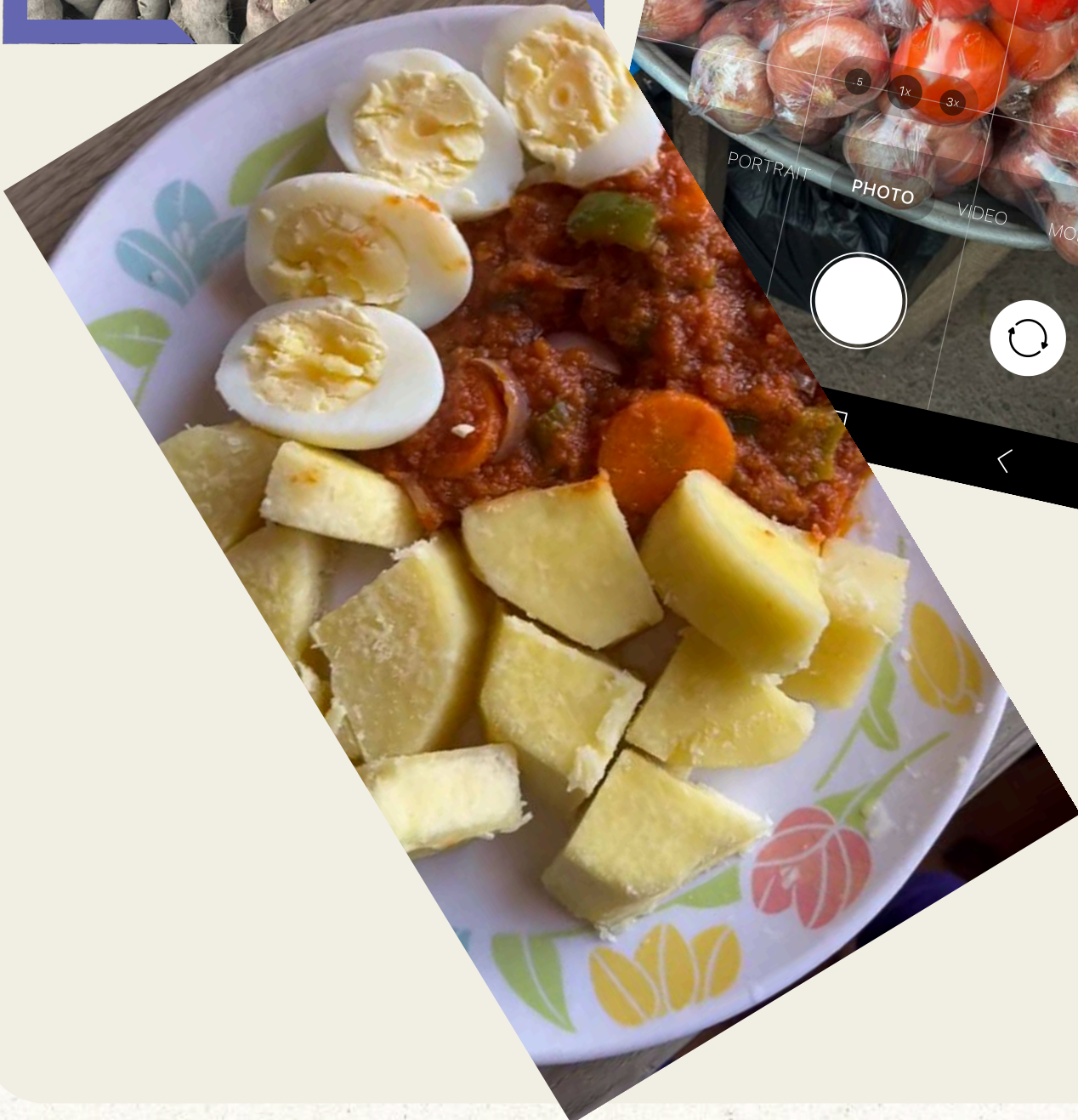
Ingredients:

- 5 medium fresh tomatoes
- 1 large onion
- 2 cloves garlic
- 2 large eggs
- 1 piece ginger
- 1-2 fresh peppers
- ½ cup cooking oil
- Salt

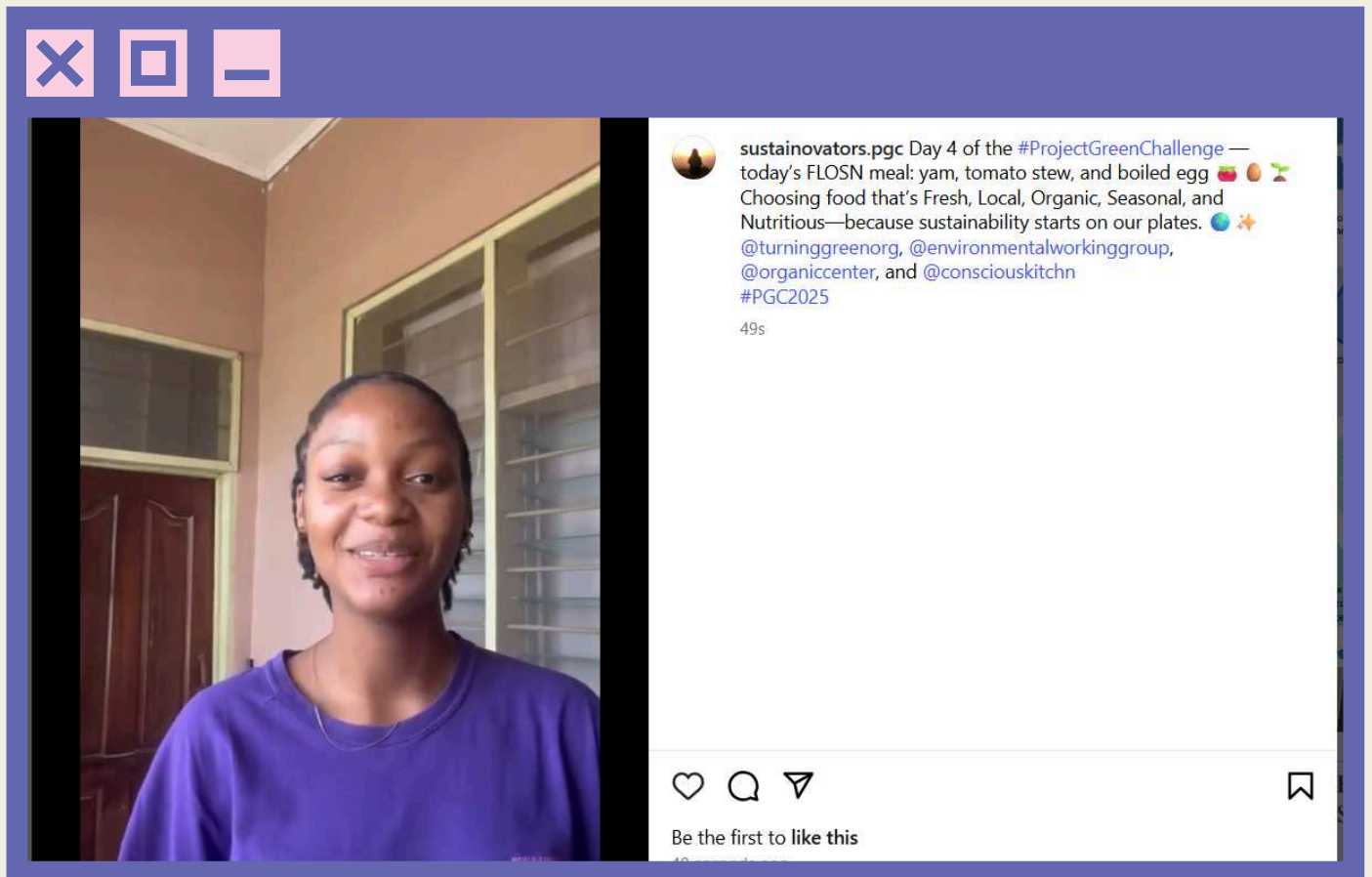
Instructions:

1. Blend tomatoes, pepper, onion (and ginger/garlic if using).
2. Heat oil, fry sliced onions till soft.
3. Pour blended mix into oil and cook on medium heat.
4. Stir occasionally till water reduces and oil separates (about 20-25 mins).
5. Add salt, seasoning.
6. Simmer 5 mins and serve with yam,
7. For egg boil in water for about 10 minutes and serve with yam..

PHOTO ALBUM



INSTAGRAM POST



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