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I prepared a plant-based meal using FLOSN ingredients (fresh, local, organic, seasonal, and nutritious). I chose easy and budget-friendly Bengali recipe which is called “Moong Dal Khichuri”.



I tried to keep the meal cost under \$4 USD per person. Here is the list:

Ingredients	Quantity (Per Person)	Estimated Cost (\$)
Moong Dal (Yellow Lentils)	1 cup	0.51
Rice	1 cup	0.12
Mixed Seasonal Vegetables	≈1.25 cups (≈250g)	0.14
Mustard Oil	1 tablespoon	0.04
Turmeric Powder	0.5 teaspoon	0.02
Spices & Aromatics (Chili, Cumin, Onion, Salt)	Small quantities	0.05
Total Estimated Cost Per Person		0.88

I invited one friend to share the meal with me. Her name is Arpita. She is typically a meat-lover. So, I invited her to explore my plant-based meal. Here is my friend who seems like very happy after testing my Khichuri. And she also said that:



After enjoying my meal, I designed a recipe card of this meal. Here is the recipe card:



Moong Dal Khichuri

TIME:

50 Minutes
2 people



INGREDIENTS:

- 2 cup Moong Dal (Yellow Lentils)
- 2 cup Rice
- 2-3 cups mixed seasonal vegetables
- 2 tablespoons mustard oil
- 1-2 Green chilies
- 1 teaspoon turmeric powder
- 4 cups water
- salt to taste



RECIPE:

To prepare Moong Dal Khichuri with Seasonal Vegetables, heat mustard oil in a pot, then add cumin seeds and sliced onions, sautéing until golden. Incorporate turmeric and green chilies, followed by the soaked rice and dal, stirring for a few minutes. Add seasonal vegetables along with water and salt. Cover the pot and simmer on low heat until the rice and dal are soft, about 20-25 minutes, adding more water if necessary. Enjoy your comforting meal!

I noted that which ingredients were organic, local, or sustainably grown. Here is the table of that:

Ingredients	Typical Sourcing in Bangladesh	Sustainability/Local
Moong Dal (Yellow Lentils)	Local (cultivated in Bangladesh)	Local/Organic Option Available: Moong dal is a major pulse crop. When sourced locally from small farmers or marketed by companies of Bangladesh", it is often available as "natural" or "organic."

Rice	Local (the main staple crop of Bangladesh, with varieties such as Aman, Boro, and Aus grown locally).	Local, but Sustainability is Mixed: Rice is overwhelmingly local. However, modern high-yielding varieties often rely heavily on chemical fertilizers, which raises sustainability concerns. Traditional or Dheki Chhata (husked) rice varieties are more sustainable options.
Mixed Seasonal Vegetables	Local (Brinjal, gourds, beans, potatoes, etc., grown throughout the country).	Local/Often Traditional Methods: Seasonal vegetables are typically local and very short-chain (from farm to market). While not always officially "organic," many small-scale farmers, especially in homestead farming, use minimal or no chemicals due to the small scale, aligning with more traditional, sustainable practices (as noted in search results).
Mustard Oil	Local (extracted from mustard seeds grown across Bangladesh regions).	Local/Traditional Processing: Mustard seeds are a major local crop. Kachi Ghani (cold-pressed) mustard oil is a traditional, locally manufactured product.
Green Chilies, Onions, Cumin Seeds, Turmeric, Salt	Local (Onions, chilies, and whole spices are widely grown, though some may be imported from abroad).	Local/High Potential for Organic: Green chilies and onions are almost always local and fresh. Turmeric and Cumin (Jira) are also grown locally, and the spice powders are frequently available in certified organic forms from local brands. Salt is primarily processed from sea-salt harvested in coastal areas of Bangladesh.

Reflection on My Experience:

At first, I thought it would be a challenging to cook without animal products but preparing the Moong Dal Khichuri made me understanding that how flavourful and nourishing plant-based dishes can be. The diversity of spices and the richness of the Dal and vegetables filled me up with no feeling of heaviness.

After the meal, I felt a wonderful feeling of lightness and simplicity. My body responded the food well, and I was also feeling nourished and energetic. The coziness of the warm khichuri was also brought a feeling of relaxation, and most importantly I enjoyed the meal without any guiltiness.

I absolutely plan to continue exploring plant-based meals. Committing myself to at least three plant-based days in a week which seems like a truthful and pleasurable target for me. It will also permit me to be more aware about my food selections and also, I will explore new recipes and flavours that contribute to my total wellness journey as well.

Here is the link of my Instagram Post:

<https://www.instagram.com/p/DQMMEhzCXSu/?igsh=bWdwN3p2MnFwdWV0>

Here is the screenshot of my Instagram post:



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50 Minutes
2 people

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Moong Dal Khichuri

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clodysky2025
Jahangirnagar University

clodysky2025 🌱 Serving up a big bowl of Bangladeshi dish Moong Dal Khichuri with Seasonal Vegetables today! 🍲 Making this meal has been a great reminder that eating affordably and sustainably doesn't mean sacrificing flavor. By focusing on simple, plant-based ingredients like lentils, rice, and mixed seasonal vegetables 🥕🍅 (which I sourced affordably from the local market!), I can create a deeply satisfying, nutritious meal with a minimal environmental footprint. This Khichuri recipe, which only takes about 50 minutes, is so easy to share. There's something truly special about gathering friends around a warm, plant-based dish—it instantly builds community and connection, proving that delicious, conscious eating is something everyone can participate in. Try making this easy comfort food and share it with someone you care about! 💚 @turninggreenorg @naturespathorganic @plantfuturesofficial #nnc2025

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