

Name: Anas Muhammad

Username: AnasMuhammad

School: Madhupur Shahid Smrity Higher Secondary School

I prepared a plant-based meal using FLOSN ingredients (fresh, local, organic, seasonal, and nutritious)!

My mom always makes this vegetable soup, so today I tried making it her way to surprise her!



Ingredient	Quantity	Estimated Price Per Unit (USD)	Estimated Cost for Recipe (USD)
Tomato	40 gram (0.04 kg)	\$0.61 - \$1.22 per kg	\$0.03 - \$0.05
Carrot	40 gram (0.04 kg)	\$0.49 - \$0.98 per kg	\$0.02 - \$0.04
Cabbage	40 gram (fraction)	\$0.33 - \$0.81 per piece	\$0.02 - \$0.04
Cauliflower	30 gram (fraction)	\$0.65 - \$1.22 per piece	\$0.02 - \$0.04
Yardlong Bean	30 gram (0.03 kg)	\$0.81 - \$0.98 per kg	\$0.02 - \$0.03
Chili Paper (Green Chili)	15 gram (0.015 kg)	\$1.22 - \$2.44 per kg	\$0.02 - \$0.04
Garlic	5 gram (0.005 kg)	\$1.06 - \$1.38 per kg	\$0.01
Ginger	5 gram (0.005 kg)	\$2.11 - \$2.85 per kg	\$0.01 - \$0.02
Black Pepper & Salt	Pinch/To Taste	Varies, high per kg (mostly negligible cost)	< \$0.01
Soy Sauce	2 tablespoons (approx. 30 ml)	\$0.49 - \$0.73 per 150ml bottle	\$0.10 - \$0.15
Corn Flour	2 tablespoons (approx. 20g)	\$0.49 - \$0.73 per 150g pack	\$0.07 - \$0.10
Clarified butter (Ghee)	2 tablespoons (approx. 30g)	\$8.94 - \$12.20 per kg	\$0.27 - \$0.37
Total Estimated Cost	(Equivalent to ₳70 - ₳110 BDT)		\$0.57 - \$0.89 USD

(Based on the current Bangladeshi market)

Instructions

- Cut all vegetables into small pieces and wash them.
 - Heat clarified butter in a pan, add ginger and garlic.
 - After a minute, add all the vegetables.
 - Add 2 tablespoons of salt and a pinch of black pepper.
 - Pour in water until the vegetables are submerged.
 - Mix corn flour in half a cup of water, then add it to the pan.
 - Add soy sauce and let it cook until done and serve hot!
-

FLOSN Ingredients: Tomato, Yardlong Bean, Carrot, Chili Paper, Cabbage, Cauliflower, Garlic, Ginger.

Not FLOSN Ingredients: Black Pepper, Soy Sauce, Corn Flour, Clarified butter (Ghee).

How Healthy and Tasty This Soup Is,

Healthy: Very Healthy. It's packed with many different vegetables like cabbage, carrots, and cauliflower, which means it's full of vitamins and fiber. It's also low in fat because you are just using a small amount of clarified butter. It's a great light meal for energy and good digestion.

Tasty: Savory and Aromatic. The taste comes from the fresh vegetables, which are enhanced by the powerful flavors of ginger, garlic, and black pepper. The soy sauce adds a deep, salty, and savory punch, and the corn flour gives it a nice, thick texture that feels hearty and satisfying.

Here is a picture of me and my mom enjoying this amazing soup!

(I hid her face on her request)



Reflection:

Me and my mom usually have meat-based meals, so making a vegetable soup today felt like stepping into something completely new. My mom often makes this soup, and I've always loved how comforting it tastes. So, this time I decided to try making it her way, not only to learn from her but also to surprise her. Honestly, I didn't expect much from myself because I'm not really good at cooking, but I wanted to give it a try anyway.

From chopping the vegetables to adding the spices, I followed her steps carefully. It was a fun process, even though I made a few small mistakes here and there. When the soup started to boil and that warm, cozy smell filled the kitchen, I started feeling a quiet kind of excitement, like maybe it was actually turning out right. When I finally served it, my mom looked genuinely surprised. She took the first sip and smiled so proudly that it made me forget every moment of doubt. That reaction alone made everything worth it.

The soup itself turned out really delicious, light but full of flavor. It was amazing how such simple ingredients could create something so comforting. What made it even more satisfying was knowing that I made it mostly from *FLOSN* ingredients — fresh, local, organic, seasonal, and nutritious. I chose vegetables available in the current Bangladeshi market, which made it both practical and affordable. Cooking with local produce also made me feel more connected to our surroundings and to the effort of local farmers who bring these ingredients to our tables.

The best part was realizing how cheap it was to make. We managed to prepare enough soup for 3–4 servings for less than a dollar, which honestly amazed me. It showed me that eating healthy doesn't have to mean spending a lot. Sometimes, all it takes is creativity and a little effort. Plus, using local and seasonal foods means supporting sustainability, which makes the whole experience even more meaningful.

This small cooking experiment taught me a lot more than just how to make soup. It showed me how food can bring people closer, how a simple meal can create warmth and connection. It also reminded me that we don't always need fancy ingredients or complex recipes to make something special. With love, care, and a bit of curiosity, even the simplest dish can turn into something memorable.

I made a recipe card for this too! Here it is,



**Looking For A Plant-Based
Healthy And Affordable Meal?**

Try This FLOSN Based

Vegetable Soup

Ingredients

- Tomato 40 gram
- Carrot 40 gram
- Cabbage 40 gram
- Cauliflower 30 gram
- Yardlong Bean 30 gram
- Chilli Paper 15 gram
- Garlic 5 gram
- Ginger 5 gram
- Black Pepper one pinch
- Soy Sauce 2 tablespoon
- Corn flour 2 tablespoon
- Clarified butter 2 tablespoon

Instructions

- Cut all vegetables into small pieces and wash them.
- Heat clarified butter in a pan, add ginger and garlic.
- After a minute, add all the vegetables.
- Add 2 tablespoons of salt and a pinch of black pepper.
- Pour in water until the vegetables are submerged.
- Mix cornflour in half a cup of water, then add it to the pan.
- Add soy sauce and let it cook until done and serve hot!

Here is my Instagram post about this,

https://www.instagram.com/p/DQORAXtE47N/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==



Looking For A Plant-Based Healthy And Affordable Meal?

Try This FLOSN Based

Vegetable Soup

Ingredients

- Tomato 40 gram
- Carrot 40 gram
- Cabbage 40 gram
- Cauliflower 30 gram
- Yardlong Bean 30 gram
- Chilli Paper 15 gram
- Garlic 5 gram
- Ginger 5 gram
- Black Pepper one pinch
- Soy Sauce 2 tablespoon
- Corn flour 2 tablespoon
- Clarified butter 2 tablespoon

Instructions

- Cut all vegetables into small pieces and wash them.
- Heat clarified butter in a pan, add ginger and garlic.
- After a minute, add all the vegetables.
- Add 2 tablespoons of salt and a pinch of black pepper.
- Pour in water until the vegetables are submerged.
- Mix cornflour in half a cup of water, then add it to the pan.
- Add soy sauce and let it cook until done and serve hot!

the_green_society_bd

the_green_society_bd Today I tried making my mom's vegetable soup — but this time, I focused on sourcing everything affordably and sustainably. 🌱🥕🍅 I picked up fresh, local ingredients from the nearby market, and honestly, I was surprised by how easy and budget-friendly it was. Using FLOSN ingredients (Fresh, Local, Organic, Seasonal, and Nutritious) made me appreciate how much goodness already exists in the Bangladeshi market when we look closely.

The soup turned out amazing — rich, healthy, and full of flavor. What made it even better was sharing it with my mom. Me and her usually have meat-based meals, so this plant-based dish felt like a refreshing and heartwarming change. It showed me that eating sustainably doesn't mean giving up comfort or taste; it's about making mindful choices with what we already have.

Sharing this simple meal reminded me that food is more than just fuel — it's connection. When we cook together, share stories, and enjoy something made with care, we build a stronger sense of community and gratitude. 🌱❤️

@turningggreenorg @naturespathorganic @plantfuturesofficial #pgc2025

Be the first to like this
31 seconds ago

Add a comment...

Post



the_green_society_bd

the_green_society_bd Today I tried making my mom's vegetable soup — but this time, I focused on sourcing everything affordably and sustainably. 🌱🥕🍅 I picked up fresh, local ingredients from the nearby market, and honestly, I was surprised by how easy and budget-friendly it was. Using FLOSN ingredients (Fresh, Local, Organic, Seasonal, and Nutritious) made me appreciate how much goodness already exists in the Bangladeshi market when we look closely.

The soup turned out amazing — rich, healthy, and full of flavor. What made it even better was sharing it with my mom. Me and her usually have meat-based meals, so this plant-based dish felt like a refreshing and heartwarming change. It showed me that eating sustainably doesn't mean giving up comfort or taste; it's about making mindful choices with what we already have.

Sharing this simple meal reminded me that food is more than just fuel — it's connection. When we cook together, share stories, and enjoy something made with care, we build a stronger sense of community and gratitude. 🌱❤️

@turningggreenorg @naturespathorganic @plantfuturesofficial #pgc2025

Be the first to like this
31 seconds ago

Add a comment...

Post