

Mark's Vegetable Gorp

This dish is made with whatever vegetables you have at hand supplemented with protein. This recipe will produce enough for four people with leftovers.

Raw Materials:

- Chop coarsely many onions - yellow, white, red to taste: 3-4 cups (500 - 1000 mL)
- Cut into strips: 3 to 4 green and/or red (or other color) peppers
- Very coarsely chopped white or brown mushrooms: 3-4 cups (500 - 1000 mL) (about 1 lb (450g))
- 1 large can peeled whole tomatoes (28 oz (~800 g) or fresh tomatoes
- Optional: chopped cabbage (green, red, bok choy, other); finely sliced or chopped carrots and celery; sliced black olives; cubed potatoes.
- Garlic - finely diced 5 or 6 big cloves or substitute 2 Tbsp (30 mL) garlic granules
- Protein: 1 lb (450 g) spicy ground pork sausage, 1 package firm tofu -14 oz (400 g), black beans (1 can - ~16 oz (450g) or red beans or other beans.
 - Cut tofu into cubes roughly 1/2" (1.3cm) - then pre-cook in lots of oil until crispy; set aside to be added at end of process - sometimes I add ground spices and role the cubes around in it before frying
 - Don't drain or wash the beans out of the can. You are throwing away good food.
- Crushed red pepper flakes 1 Tbsp (15 mL)
- Spices - choose: Garam Masala, Curry, Tikka Masala, Jamaican Jerk seasoning (mild or hot), cumin seeds, turmeric,
- Olive oil for cooking - 3-4 Tbsp (~60mL)

Process:

Chop up the vegetables you will use. In a large sauté pan (~12 inches diameter (~30cm) or larger put a bunch of olive oil - I usually add crushed red pepper flakes and cumin seeds - then after this mixture is hot (cumin seeds popping) add sausage (if that is your choice). Break up the sausage until broken into fairly fine texture. Add onions, Cook until the ground sausage is getting crispy (10 minutes or so). Medium to high heat.

Add your choice of spices: several large tablespoons (30-40 mL) for sure.

Then, add vegetables in order of how long they take to cook. Generally I keep the peppers and tomatoes until towards the end. Carrots, celery, and cabbage earlier.

Cook additional 20 minutes or so on low heat. Towards the end add the tomatoes and beans (sometimes I combine beans with the other protein to give extra value) if you use them. The whole tomatoes when hot are a great flavor bomb.

Serving

Serve with brown rice, bulgur, pearled faro or perhaps whole wheat pasta (shells?). Cole slaw or salad to have something cool. Usually have plenty of hot sauces at hand.