

Published based on [Need Tips for Cooking Vegetarian Recipes?](#)

Need Tips for Cooking Vegetarian Recipes?

Food is the need of every human there are many different types of food cooked by the people with different taste. There are mainly two types of food vegetarian and flesh food. Vegetarian food is cooked from vegetable and is very good for health. Flesh food is made up of flesh of the animals and there are many harmful side effects of the food.

Vegetarian food:

It is made from vegetables and grains.
There are no major side effects of this food.
Vegetarian food is good for health and it satisfies all the nutrients and minerals required by the body.
There are many vegetables and grains grown by the farmer and are used to make vegetarian food.
Some of the major vegetables and grains:

Potato.
Onion.
Garlic.
Tomato.
Peas.
Brijal.
Capsicum.
Raddish.
Carrot.
Cabbage.
Cauli flower.
Grains:
Dal.
Maize.
Wheat.
Barley.
Rice.

Major vegetarian food is made up of these vegetables and grains. There are many other grains and vegetables that are used to cook and eat.

All these vegetables and grains are full of different vital nutrients and are very useful for the body.
These vegetables and grains are very easy to cook.
Grains and vegetables are grown in the farm and then they are cultivated or harvested and then available in the market to sell.
Vegetables and grains are easily available in the market.
Some of the vegetables are seasonal vegetables and are available only in the season.

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There are many types of recipes made by vegetables and grains. The use of spices and other useful ingredients play a major role in the taste of the recipes.

First you have to wash these vegetables and grains with water and clean them.
Now you have to cut the vegetables in small pieces with the knife.
You need to keep the grains in water for some period of time.
All the vegetables and grains are cooked in oil.
You have to take the oil in the frying pan and heat it now you have to put the vegetables as per the recipe of different types of vegetarian food.
There are number of spices used to make delicious vegetarian recipe.

Onion, garlic, ginger paste is used to make the vegetarian food delicious.

Cooking Vegetarian Recipes is very easy and less time taking job. You need to decide which vegetable you want to cook and follow the recipe of that particular vegetable. Use the spices and other ingredient as prescribed or needed to cook the recipe. The use of salt is as per the taste of the individual. Any simple vegetarian food recipe can be cooked in thirty minutes or forty five minutes time. There are many delicious recipes cooked with the different vegetables. You can easily cook these recipes at your home and enjoy with your family and friends.

For more information on [Vegetarian Cooking](#) visit [Vegetarian Cooking Classes](#)

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