

Vegan Budget Challenge



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€1/\$1 meals for 5 days

We challenged ourselves to get under €20 in groceries (in the Netherlands), and throughout the week we made 5 different full meals with it. Each meal made 4 servings, so that means each serving came out to under €1! If you'd like to follow along, below is the grocery list, and [here is the link to the recipes](#).

Grocery list

Produce

- 3 kg (6.6 lbs) potatoes
- 3 bulbs garlic
- 1 kg (2.2 lbs) onions
- 1 kg (2.2 lbs) carrots
- 400 g (0.9 lbs) spinach

Pantry goods

- 3 x 400 g (14 oz) cans chopped tomatoes
- 2 x 800 g (28.2 oz) cans chickpeas
- 350 g (12.3 oz) dry green lentils (or brown lentils)

Spices

- 120 g (4.2 oz) veggie bouillon cubes (24 cubes total)
- 40 g (1.4 oz) taco or burrito seasoning mix
- 80g (2.8 oz) roti masala seasoning

Tip: our store-bought roti masala seasoning consisted of ground coriander, turmeric, cumin, mustard, nigella, fenugreek, and pepper. If you don't have access to a similar spice blend, simply substitute out for an equal amount of curry powder.

Grains

- 12 large tortillas
- 500 g (17.6 oz) uncooked macaroni
- 1 kg (2.2 lbs) uncooked rice

Refrigerated & frozen

- 750 mL (25.4 oz) unsweetened soy yogurt
- 450 g (15.9 oz) frozen peas

Note there will be some leftovers: several potatoes, a couple onions, several cloves of garlic, a couple carrots, about half the rice and macaroni, some dry lentils, and much of the bouillon cubes and roti seasoning. For the produce, use [our "include ingredients" filter feature](#) to find other recipes you can use them in!