

Meal Ideas without Perishable Vegetables

During such times when the whole country is going through a lock down , food becomes a critical issue.

While we might be having some vegetables stocked , here are few options where you don't need perishable vegetables. These options mostly would need potatoes, tomatoes, ginger, garlic or tomato puree in name of vegetables which generally stay long in storage.

The meal ideas also have links picked from internet to help you. These are all vegetarian options which are mostly around healthy homemade food choices. If some of them have any vegetables they can be skipped and still the dish can be prepared. You can use your own recipe variations as well. This list is just a guideline to make things easy for you. There are many more things which can be done apart from these 100.

Here are few tips to help you do some smart cooking too:

- 1. Finish perishables first and store Potatoes, Onions and Tomatoes for later use.*
- 2. Try to use one vegetable at a time and combine with simple dal. You can change types of dals for variations.*
- 3. Make sure to cook everything in small quantities to avoid wastage.*
- 4. Avoid deep fried food to save oil consumption.*
- 5. Eat in small portions to support current sedentary lifestyle.*
- 6. Nuts , Dals, Flours, Rice, Dry Masalas itself can be used in various ways when you have nothing left.*
- 7. Tamarind paste, Amchur powder and vinegar is a good substitute for lemon in many recipes.*
- 8. For now, sharing few ideas which are good without fresh vegetables.*
- 9. Follow www.facebook.com/recipeDabba for daily ideas as we progress towards a safer and healthier world together.*

S.No.	Meal Ideas	Recipes
Small or Light Meals		
1	Idli	https://www.indianhealthyrecipes.com/soft-idli-recipe-using-idli-rava/
2	Suji Appe	https://nishamadhulika.com/en/1378-instant-rava-appam-recipe-rawa-appe-semolina-appam-recipe.html
3	Suji Upma	https://www.vegrecipesofindia.com/upma-savoury-south-indian-breakfast-recipe-made-with-semolina/
4	Roti Upma	https://www.indiafoodnetwork.in/recipes/leftover-roti-upma/
5	Roti Bhel	https://recipedabba.com/blog/2018/10/26/roti-bhel-how-to-make-roti-bhel/
6	Poha	https://www.cookwithmanali.com/potato-peas-poha/
7	Sabudana Khichadi	https://www.cookwithmanali.com/sabudana-khichdi/
8	Vermicelli	https://food.ndtv.com/recipe-vermicelli-upma-855092
9	Dhokla	https://recipes.timesofindia.com/recipes/khaman-dhokla/rs53908858.cms
10	Uttapam	https://foodviva.com/south-indian-recipes/uttapam/
11	Wheat Pancakes	https://www.vegrecipesofindia.com/eggless-pancake-recipe/
12	Ragi Pancakes	https://www.whiskaffair.com/ragi-banana-pancakes/
13	Missal	https://www.indianhealthyrecipes.com/misal-pav-recipe/
14	Puffed Rice Poha	https://www.indianhealthyrecipes.com/misal-pav-recipe/
15	Bajra Daliya	https://recipedabba.com/blog/2020/01/30/bajra-daliya-how-to-make-bajra-daliya/
16	Dal Rice Balls	https://recipedabba.com/blog/2018/11/27/lentils-and-rice-balls-how-to-make-lentils-and-rice-balls/
17	White Peas Tikki	https://recipedabba.com/blog/2018/10/15/white-peas-tikki/
18	Rawa Pan cakes	https://recipedabba.com/blog/2018/08/29/rawa-savoury-pancakes-how-to-make-rawa-savoury-pancakes/
19	Soya Kebabs	https://recipedabba.com/blog/2019/04/17/soya-kebabs-how-to-make-soya-kebabs/
20	Uttapam Sandwich	https://recipedabba.com/blog/2019/03/19/uttapam-sandwich-how-to-make-uttapam-sandwich/
21	Ragi Rajma Kababs	https://recipedabba.com/blog/2018/08/06/ragi-and-rajma-kababs-how-to-make-ragi-and-rajma-kababs/
22	Chana Soya Kababs	https://recipedabba.com/blog/2018/02/14/healthy-heart-kababs-how-to-prepare-healthy-heart-kababs/
23	Sabudana Vada	https://www.indianhealthyrecipes.com/sabudana-vada-recipe/
24	Suji Dhokla	https://www.vegrecipesofindia.com/rava-dhokla-instant-rava-dhokla/
25	Handvo	https://hebbarskitchen.com/gujarati-handvo-recipe-mixed-dal-handvo/
26	Poha Cheese Balls	https://recipedabba.com/blog/2016/01/05/poha-cheese-balls/
27	Poha Dhokla	https://www.tarladalal.com/Poha-Dhokla-39002r
28	Makhana Halwa	https://recipedabba.com/blog/2020/02/11/makhana-halwa-how-to-make-makhana-halwa/
29	Ragi Halwa	https://www.sharmispassions.com/ragi-halwa-recipe-easy-ragi-halwa-recipe/

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Indian Breads and Crepes		
30	Dosa	https://foodviva.com/south-indian-recipes/dosa-recipe/
31	Dal Cheela	https://www.vegrecipesofindia.com/moong-dal-chilla-recipe/
32	Besan Cheela	https://food.ndtv.com/recipe-besan-ka-cheela-chickpea-flour-pancakes-219247
33	Ajwain Paratha	https://www.whiskaffair.com/ajwain-paratha-recipe/
34	Aloo Paratha	https://recipes.timesofindia.com/recipes/aloo-paratha/rs53109843.cms
35	Dal Paratha	https://recipedabba.com/blog/2016/01/03/dal-bhari/
36	Onion Paratha	https://foodviva.com/roti-paratha-recipes/onion-paratha-recipe/
37	Thepla	https://www.vegrecipesofindia.com/methi-thepla-gujarati-methi-thepla/
38	Puranpoli	https://recipes.timesofindia.com/recipes/puran-poli/rs55045560.cms
39	Ragi Dosa	https://recipedabba.com/blog/2018/08/13/sprouted-ragi-dosa-how-to-make-sprouted-ragi-dosa/
40	Soya Paratha	https://recipedabba.com/blog/2016/08/05/soya-paratha/
41	Pudina Roti	https://recipedabba.com/blog/2019/05/23/chatpati-pudina-roti-how-to-make-chatpati-pudina-roti/
42	Dal Masala Paratha	https://recipedabba.com/blog/2018/12/05/dal-masala-paratha-how-to-make-dal-masala-paratha/
43	Chole ka paratha	https://recipedabba.com/blog/2019/06/17/chole-ka-paratha-how-to-make-chole-ka-paratha/
44	Jowar and Onion Cheela	https://www.archanaskitchen.com/mixed-flour-spring-onion-crepes-recipe
45	Sabudana Dosa	https://recipedabba.com/blog/2019/01/14/sabudana-mini-dosa-how-to-make-sabudana-mini-dosa/
46	Mixed Dal Dosa	https://recipedabba.com/blog/2015/12/03/multigrain-onion-dosa/
47	Sattu Paratha	https://food.ndtv.com/recipe-sattu-ka-paratha-951660
48	Garlic Paratha	https://recipes.timesofindia.com/recipes/garlic-paratha/rs53319173.cms
49	Cheese Paratha	https://recipes.timesofindia.com/recipes/cheese-paratha/rs53334567.cms
50	Dry Fruits Paratha	https://cookpad.com/in/recipes/3352903-dry-fruits-paratha

S.No.	Meal Ideas	Recipes
Main Course		
51	Makhani Masoor	https://recipedabba.com/blog/2015/08/11/makhani-masoor/
52	Moong Dal Mongodi	https://recipedabba.com/blog/2015/09/27/moong-dal-mangodi/
53	Rajma	https://www.indianhealthyrecipes.com/rajma-recipe-rajma-masala-recipe/
54	Chole	https://www.whiskaffair.com/chole-recipe/
55	Lobia	https://www.whiskaffair.com/punjabi-lobia-masala-recipe/
56	Soya Kadhi	https://recipedabba.com/blog/2015/05/06/soya-kadhi/
57	Gatte Ki Sabji	https://www.vegrecipesofindia.com/gatte-ki-sabji-recipe/
58	Mixed Dal	https://www.tarladalal.com/Spicy-Mixed-Dal-60r
59	Chana Dal	https://www.vegrecipesofindia.com/chana-dal-recipe-chana-dal/
60	Besan Ki Sabji	https://nishamadhulika.com/2044-besan-ki-sabzi-instant.html
61	Sprouts Sabji	https://www.archanaskitchen.com/mixed-sprouts-sabzi-recipe
62	Papad Sabji	https://nishamadhulika.com/1272-papad-ki-sabzi-recipe.html
63	Daal Dhokli	https://www.whiskaffair.com/gujarati-dal-dhokli-recipe/

64	Soya Nuggets Sabji	https://www.indianhealthyrecipes.com/soya-chunks-curry-meal-maker-curry/
65	Sambhar/Rasam	https://www.tarladalal.com/Sambhar-3578r
66	Dal Baati	https://recipes.timesofindia.com/recipes/daal-baati/rs55130267.cms
67	Kala Chana Nimona	https://recipedabba.com/blog/2020/02/26/kala-channa-nimona-how-to-make-kala-channa-nimona/
68	Ragi Kadhi	https://recipedabba.com/blog/2018/05/30/ragi-kadhi-how-to-make-ragi-kadhi/
69	Minty Chole	https://recipedabba.com/blog/2018/05/20/minty-chole-how-to-make-minty-chole/
70	Tandoori Channa Masala	https://recipedabba.com/blog/2018/02/21/tandoori-channa-masala-how-to-make-tandoori-channa-masala/
71	Dhokla Curry	https://recipedabba.com/blog/2016/09/14/dhokla-curry/
72	Makhani Makhana	https://recipedabba.com/blog/2016/06/26/makhana-sabji/
73	Karahi Aloo	https://recipedabba.com/blog/2016/06/08/karahi-aloo/
74	Soya Kofta	https://recipedabba.com/blog/2016/04/04/soya-kofta/
75	Soya Keema	https://recipes.timesofindia.com/recipes/soyabean-keema/rs58417247.cms
76	Makhna Sabji	https://www.ticklingpalates.com/phool-makhana-curry-lotus-seeds-gravy/
77	Sev Ki Sabji	https://www.whiskaffair.com/rajsthani-sev-tamatar-ki-sabzi/
78	Methi Dana Sabji	https://nishamadhulika.com/1650-dana-methi-ki-sabji.html
79	Papad Kadhi	https://cookpad.com/in/recipes/3678510-papad-ki-kadhi

S.No.	Meal Ideas	Recipes
Rice Meals		
80	Jeera Onion Rice	https://www.tarladalal.com/Jeera-Rice-Quick-Jeera-Rice-Recipe-30920r
81	Nuts Pulav	https://secretindianrecipe.com/recipe/nuts-pulao
82	Frozen Peas Pulav	https://www.indianhealthyrecipes.com/peas-pulao-recipe-matar-pulao/
83	Soya Pulav	https://www.sanjeevkapoor.com/recipe/Soya-Pulao-Sirf-30-minute-FoodFood.html
84	Dal Khichadi	https://www.cookwithmanali.com/moong-dal-khichdi/
85	Bisibelebaat	https://www.vegrecipesofindia.com/bisi-bele-bath-recipe/
86	Masoor Dal Pulav	https://recipedabba.com/blog/2016/09/21/masoor-daal-pulav/
87	Tamarind Rice	https://www.vegrecipesofindia.com/tamarind-rice-recipe/
88	Lemon Rice	https://www.indianhealthyrecipes.com/lemon-rice-recipe/
89	Chole Pulav	https://recipedabba.com/blog/2015/05/09/chole-pulav/
90	Green Peas & Aloo Pulav	https://www.bawarchi.com/recipe/peas-and-potato-pulao-oessvsjbjebja.html
91	Mint Pulav	https://www.vegrecipesofindia.com/mint-rice-recipe/
92	Pongal	https://www.indianhealthyrecipes.com/pongali-recipe-venn-pongali/
93	Sambhar Pulav	https://recipedabba.com/blog/2016/08/02/sambhar-pulav/
94	Rajma Pulav	https://recipedabba.com/blog/2015/10/26/rajma-pulao/
95	Kadhi Khichdi	https://recipedabba.com/blog/2016/11/03/kadhi-khichdi/
96	Meethe Chawal	https://foodviva.com/rice-recipes/meethe-chawal/
97	Peanut Rice	https://www.indianhealthyrecipes.com/peanut-rice-recipe/
98	Tomato Rice	https://recipedabba.com/blog/2016/06/16/tomato-rice/
99	Dal Chawal Palita	https://www.myweekendkitchen.in/daal-chawal-palita/
100	Sprouts Pulav	https://rakskitchen.net/mixed-sprouts-pulao-recipe-healthy-lunch-box-ideas/