

HUNGRY
and
BROKE

A DIY GUIDE TO FOOD

BY CONSTANTINE

The important thing is the
PHILOSOPHY

1. There is always a way to make food taste better
2. There is always a way to make food cheaper
3. Usually, the way to make tastier and cheaper food is to make it yourself
4. This is easier than you think

You have seen fancy kitchens in other people's houses and on TV. It's nice to have all that equipment when making specific recipes, but this zine is not a recipe book. You can make good and cheap and quick food with a simple formula. This is that formula. This is my thought process that I walk through every time I cook a meal for myself.

Equipment: (these can usually be found at thrift stores)

A knife. `

A heatproof container.

(Metal is best. This can be a pot or a pan. Get it used)

A heat source that can fry and boil things (pick one)

-A rice cooker (comes with pot)

-Some sort of stovetop
(including hotplates)

-A crockpot (comes with pot)

Feel free to try making this formula in the microwave. You might have to change some things.

Don't use metal!

Ingredients!

Staples:

Canned beans

Canned chickpeas

Lentils

Noodles

Rice

Bread

If you have extra time:

Potatoes

Sweet potatoes

Proteins:

Eggs

Lentils

Peanut/ Sunflower butter

Canned beans

Canned chickpeas

With a higher budget:

Mushrooms

Cheese

Produce:

Garlic or Onion or Chives

Canned tomatoes

Cabbage (the round kind)

Canned mixed vegetables (these should be about a dollar a can)

Carrots

Frozen Kale or Turnip Greens (if you have a freezer)

Spices:

(add as much or as little of these as you like. Your kitchen, your rules)

Salt

Soy sauce (savory and vegan)

Dry garlic powder

Broth starter (this is up to you.

I use dry mushroom bouillon, and

I have friends who use wet vegetable bouillon, cube stock,

pre-made broth... it's your kitchen. Dry bouillon is the

cheapest and doesn't need a fridge)

Green flavor: you've heard some herbs like rosemary, basil, sage, thyme... in this style of cooking, I recommend finding one or two of

these that you like and not worrying about the rest. Parsley is the cheapest one and it works in a variety of dishes.

Warmth: Curry powder or Cumin or Sriracha or Berbere or Harissa

(Most of these are powders.

Sriracha is like a very thick hot sauce. It's the cheapest way to add interest to food, because you don't need much)

Cooking enablers:

Water

Or

Oil (any kind of oil)

THE FORMULA

1.) Pick a staple, a protein, and a produce.

2.) In this formula there are only two ways to cook something: in water, or in oil

2b.) When cooking in oil you add just enough oil to cover the bottom of the container

2c.) When cooking in water you add about 1-2 cups/ cans/ mugs of water per person

3.) There are foods that cook fast and foods that cook slow. This can be figured out mostly by trial and error.

3a.) The hotter your heat source the less time it takes. If your food is making any amount of smoke, it's too hot.

3b.) Usually the harder the food is the longer it takes to cook.

3c.) Everything will cook faster in oil. You can cook things in oil and then move them into water.

3d.) Everything will cook faster in smaller pieces. A good size for everything is about the size of a six-sided die. If the food is taking too long to cook, cut it up smaller.

3e.) These ingredients are done when they're soft enough to feel good in your mouth.

4.) Eggs are done when they turn white. You can cook them for longer if you like harder yolks.

4a.) If cooking eggs, cook them in oil out of the shell and cook them in water in the shell.

5.) These foods must be cooked in water first:

Lentils

Rice

Noodles

5a.) I don't drain the liquid from cans. It doesn't make a big difference and it tastes good to me.

6.) A good rough amount of each kind of primary ingredient is about the size of a normal can.

Read the package to check if it says something different.
can-sized amount of staple,
can-sized amount of protein,
can-sized amount of produce.
Vary this amount however you like. This is the only measuring cup you need.

7.) THE PRIME RULE.

If you have hot water with stuff in it, and add spices and broth base, that's a soup.

This formula works like lego blocks: pick one of each and snap 'em together.

Let's roll the dice!

Example: (just an example! Don't listen to me too much.)

Staple:

Canned chickpeas

Protein:

peanut/sunflower butter

Produce:

Carrots

Carrots are pretty hard. Hard foods take longer to cook, (3b.) so let's speed it up by cooking them in oil. (3c.) We cut up the carrots into dice-sized pieces (3d.) and fry them in the oil (2b.) with nothing else in the pan until they're soft. (3e.)

This takes fiveish minutes depending on how hot your heat source is. (3.) (3a.)

Dump in all the other ingredients with about 2 cups of water per person. (2c.) (5a.) Cook it until the other ingredients are soft and are warm/hot. (3e.)

Add broth base until it tastes good. (Look deep within your heart. Only you can answer this) Add garlic powder, sriracha, and parsley. Or any other spice. Eat. It's soup. (7.)

