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The Thug Kitchen crew takes the guesswork out of getting your shit together in the kitchen with weekly, monthly and day-by-day meal guides. You'll learn how to whip up fast, simple recipes on a schedule and also plan for the future by cooking large batches of staple foods like black beans and grains.

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Recipe by Thug Kitchen 101: Fast as F\* Recipe and image supplied by Thug Kitchen 101: Fast as F\*ck by Michelle Davis and Matt Holloway. Cook time: 35 minutes Skill level: Basic Print this recipe (3) Read reviews. Servings: Serves 4-6 people Ingredients. For the veggies. 2 tbsp Coconut Oil 1 Large Onion, halved 650g (2 cups) Cauliflower, chopped 180g (1 cup) Green Beans, chopped 1 Carrots ...

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