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# INTRODUCTION



‘Get cooking...making the most of your food parcel’ contains simple recipes based on common items that you will find in your food parcel. It gives examples of how these foods can be used to produce more balanced meals on a budget.

In our ‘savvy shopping’ section we have suggested some budget friendly items that can be bought to add to your food parcel items and give extra flavour. Also, why not have a look at our ‘simple sides’ for other side dishes that can accompany the recipes.

Although you may not have the exact item mentioned in the recipe, the ingredients can be easily swapped to suit what you have in your cupboard, or your likes and dislikes. For example, the tinned fruits and vegetables mentioned can be swapped for fresh or frozen versions; different types of meats and fish can be used.



**Optional ingredients** such as garlic, chilli, paprika, cumin and cinnamon have been highlighted throughout the recipes. However, they can simply be left out if wished.

The ‘**No cook/Low fuel**’ section contains recipes which can be made with little or no cooking (using only a kettle or microwave). These are ideal for times when fuel is low and/or when there is little cooking equipment. Generally these recipes are based on foods from your food parcel.



# RECIPE SYMBOLS:



A straight-forward recipe using only a few steps



A recipe that involves a few more steps and skills to make



Suitable for vegetarians



Suitable for vegetarians with adaption - suggested adaptations are noted at the bottom of the recipe



Suitable for Coeliacs/gluten free



Suitable for Coeliacs/gluten free with adaption - suggested adaptations are noted at the bottom of the recipe



Recipes that can be cooked in a slow cooker

Disclaimer: Images are stock images and may not be fully representative of the final dish when cooked.

# HELPFUL HINTS

## Abbreviations

ml	millilitres
L	litre
g	grams
oz	ounce
tsp	teaspoon
tbsp	tablespoon
°C	degrees Celsius
°F	degrees Fahrenheit

## Weights and Measures

28g	1oz
56g	2oz
140g	5oz
1 teaspoon	5g
1 tablespoon	15g

## Oven Temperatures

150°C/300°F/Gas Mark 2

180°C/350°F/Gas Mark 4

200°C/400°F/Gas Mark 6

(For non-fan assisted ovens increase temperature by roughly 20°C)

## Homely Measures

300ml fluid	1 mug
75g pasta	1/2 mug dried pasta
75g spaghetti	handful as thick as 10 pence piece
75g rice	1/3 mug uncooked rice
40g oats	1/3 mug uncooked oats
160g flour	1 mug
125g dried lentils	1/2 mug
30g cheese	small matchbox sized piece





# COOKING TECHNIQUES



## Boiling

Food is cooked at a high heat in water. You will see lots of bubbles coming to the surface quickly.



## Simmering

Food is cooked at a low-medium heat in water. You will see some bubbles slowly forming.



## Pan-frying

Food is cooked in a shallow pan with a little oil and stirred or flipped to cook all sides. In the case of greasy foods no oil may be needed and a little water may be enough.



## Draining

Food can be drained using a sieve/ colander or by using a pot with a lid and carefully pouring off excess water.



## Rinsing

Food can be rinsed using a sieve/colander or running clean water into a pot or can of food and then carefully pouring or draining off excess water to remove any residue.

# MICROWAVE COOKING TIPS

Microwave cooking can be a **quick and efficient** way of cooking foods. A wide variety of foods can be cooked in the microwave provided a little care is taken.

- Only use **microwave safe containers** such as **glass, ceramic and some plastic containers**, as otherwise it may crack or melt – check the bottom of containers to ensure they are safe for microwaving (see symbol to the right →)
- **Never use metal or metal containers** in the microwave as they may cause it to go on fire
- Try to **cover dishes** in the microwave with a lid, plate, cling film or paper towel to prevent it 'splattering' and making a mess
- Always **follow cooking instructions** on the packet
- **Stir half way through** to check it cooks evenly
- **Leave to stand for 2 minutes** before taking from the microwave once cooked to avoid getting burnt
- **Be careful when removing lid/plate** as this could release steam and cause scalding.





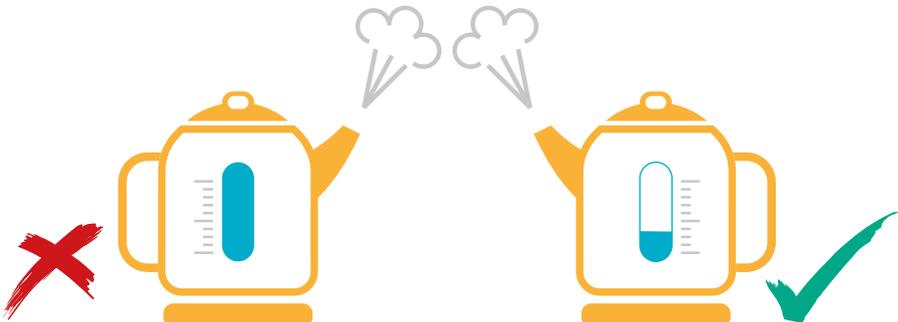
# FUEL SAVING COOKING TIPS

The cost of cooking makes up about 4% of the average energy bill. Thinking carefully about how we use cooking appliances can help us save on our fuel bills.

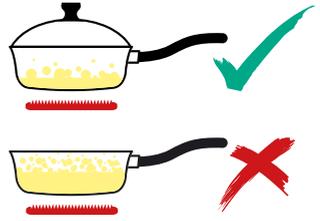
For example, only boiling the amount of water that you need in the kettle each time, could save up to £7 per year!

Tick off if you are doing each of these fuel saving tips – if not, set yourself a challenge to make them a new habit and tick off as they are done:

- Only heat as much water as you need** when boiling the kettle. Try measuring out the amount you will need using markers on the kettle or the cup/mugs you wish to fill
- Save any excess water** in a hot water flask to keep warm and save having to boil extra water at another time
- Use boiled water straight away** so you don't have to re-boil
- Boil water in the kettle first** if using boiled water for cooking – this uses less fuel than boiling from cold on the hob
- Choose your cooking appliance wisely:** a **slow cooker** uses the least fuel, followed by a microwave oven, hob and lastly an oven (see slow cooker tips and recipes).



- Keep lids on** saucepans when cooking
- Use the hob ring that matches the size of your saucepan** to avoid wasting heat
- Keep the oven door shut** whilst cooking as this keeps the heat in
- Turn your electric oven off ten minutes before the end** of the cooking time; it will still keep to the same temperature for this time
- Chop foods into smaller pieces** as they will cook quicker
- Cook in bulk**, saving extra portions to be reheated in the microwave the next day or frozen, defrosted and reheated at another time
- Turn all appliances off at the plug** after use
- Defrost fridges and freezers often** - if they need defrosted, they use more energy.



Speak with the Consumer Council to make sure you're getting the best deal on your electricity/fuel

**T: 028 9025 1600**

[www.consumercouncil.org.uk/energy](http://www.consumercouncil.org.uk/energy)



Action for Warm Homes

National Energy action can advise on energy efficiency and reducing fuel bills

**T: 028 9023 9909**

[www.nea.org.uk](http://www.nea.org.uk)



# SLOW COOKING

Slow cooking means cooking foods at a fairly **low temperature (79-93° C) for a longer time** (6-8 hours) in a slow cooker.



Slow cookers can be bought in most big supermarkets or household shops for around £15-20.

It is a **low fuel** way of cooking and also allows you to choose cheaper cuts of meat as they become tender as they are cooked for a longer time. The long and gentle cooking also helps **make dishes more tasty**.

Most recipes can be changed to be cooked in a slow cooker by adding all ingredients and cooking on medium for 6-8 hours (see below for foods that cannot/should not be slow cooked).

Look out for the  symbol for recipes that can be slow cooked from this recipe book.

Food that cannot/should not be cooked in the slow cooker :

- Rice
- Pasta
- Seafood
- Raw beans (canned are fine)
- Lean meats
- Meat with skin on.

## Slow Cooking Tips:

- Use one third less water or liquid as it is not cooked off
- When a dish contains vegetables you may choose to add these in the last 1-2 hours of cooking so they don't go too soft
- If adding any dairy foods or cream, it's best to do this near the end of cooking to avoid curdling
- For meat dishes – you may wish to 'brown off' the meat slightly before adding to the slow cooker with the other ingredients in order to make them more tasty.





# SAVVY SHOPPING

Here are some ideas for budget friendly foods and ingredients that could be bought over time to make up a store cupboard.

These can be used to bulk up your food parcel contents and to add more flavour and variety to your meals.

## Cooking Ingredients

Oil eg. vegetable/rapeseed/olive/  
groundnut  
Tomato puree/passata (sieved  
tomatoes)  
Stock cubes  
Lemon juice  
Soy sauce

## Herbs and Spices

Pepper  
Garlic powder/ puree  
Mixed dried herbs  
Mixed spice  
Curry powder  
Chilli powder  
Cumin

## Baking/Thickeners

Cornflour  
Plain flour  
Custard powder  
Sugar

## Starchy foods

Porridge oats  
Rice  
Pasta/noodles  
Potatoes  
Pudding rice

## Other

Milk/UHT long life milk  
Eggs  
Bread/pitta bread  
Onions/tinned chopped onions  
Dried lentils  
Tinned beans eg. kidney beans,  
chickpeas, cannellini beans, borlotti  
beans  
Mixed dried fruit



# SHOPPING TIPS

Plan what you are going to eat in advance:

- Check what you already have in your food cupboard
- Make a weekly meal plan
- Can you use the same ingredients in different meals?

Try to do one 'big shop' instead of lots of little ones as foods tend to be cheaper in larger shops. It also helps us avoid 'impulse buying'.

Make a shopping list - and stick to it!

Avoid shopping when hungry.

Shop around for the best value:

- Use online shopping or Supermarket/shop flyers to compare prices and offers in different shops
- Check the price difference per unit price, eg. 'per 100g', between products
- Don't forget about coupons, vouchers and points cards.



Try 'own brand' rather than branded products - they are usually cheaper and just as nutritious.



# SIMPLE SIDES

These simple sides can be cooked and served with the main meal recipes:

## Potatoes

Allow roughly 2-3 egg sized potatoes per adult.



*To cook on the hob*

### Boiled (hob)

#### Equipment

Kettle (optional), hob, saucepan with lid, potato peeler, sharp knife, chopping board, sieve/colander (optional)

- Peel potatoes or open tin, rinse and add to saucepan
- If potatoes are large, they will cook quicker if cut in half or quarters
- Boil water in the kettle and add to saucepan, place on hob at a high heat, bring to the boil
- Reduce heat and simmer with lid on for 15-20 minutes or until tender (when a fork goes in easily)
- Drain and serve.

### Mashed (hob)

#### Equipment

Kettle (optional), hob, saucepan and lid, potato peeler, sharp knife, chopping board, sieve/ colander (optional), potato masher/fork

- Follow the 'boiled (hob)' instructions
- After draining return to a warm hob for ½ minute to dry
- Add a splash of milk and mash until smooth and serve.



*To cook in the microwave*

## Baked (microwave)

### Equipment

Microwave, microwave safe plate, fork

- Scrub the potato to clean it (roughly one large potato per adult)
- Dry and pierce several times with a fork
- Place on plate in microwave, uncovered
- Heat on full power for 5 minutes, turn the potato then heat on full power for another 5 minutes or until soft the whole way through
- If cooking more than one potato at a time increase the cooking time accordingly
- Leave to stand for 2 minutes before serving.



## Steamed potatoes (microwave)

### Equipment

Microwave, microwave safe bowl, cling film

- Place potatoes in microwave safe bowl and cover with cling film, piercing a few small holes in the cling film
- Heat on full power for 8-10 minutes/until soft
- Take care when removing from microwave and leave to stand for a few minutes before opening cling film
- Follow mashed instructions if wished.

Your vegetables can be cooked in the same pot/ bowl to save fuel and washing up!



# Noodles



Allow roughly one block/nest per adult.



## *To cook on the hob*

### **Equipment**

Kettle (optional), hob, saucepan, sieve/colander (optional)

- Boil water in the kettle and add to saucepan, place on hob at a high heat
- Add noodles and reduce heat
- Gently simmer for 2-4 minutes until soft. Cooking times may vary and will be written on the packet
- Drain and serve.

Add some chopped vegetables whilst cooking noodles to make a tasty, quick meal.

## *To cook in the microwave*

### **Equipment**

Kettle (optional), microwave, microwave safe bowl, cling film, sieve/colander (optional)

- Add noodles to bowl
- Cover with boiling water
- Cover bowl with cling film and pierce a few holes
- Heat on high for a few minutes/until soft
- Carefully remove from microwave and leave to stand for a few minutes
- Drain and serve.

*Coeliac/gluten free adaption: Choose gluten free noodles or rice noodles.*

# Pasta



Allow roughly 75g dried pasta per adult  
 = ½ mug pasta or a handful  
 of spaghetti as thick as 10p piece.



## *To cook on the hob*

### **Equipment**

Kettle (optional), hob, saucepan, sieve/colander (optional)

- Boil water in the kettle and add to saucepan on a high heat
- Add the pasta, stir and return to the boil
- Reduce to a medium heat, cover with a lid and cook for 10-12 minutes or until pasta is soft. Cooking times may vary for different types of pasta and will be written on the packet
- Drain well and serve.

Read on for some  
 tasty recipes using  
 pasta & rice.

## *To cook in the microwave*

### **Equipment**

Kettle (optional), microwave, microwave safe bowl, cling film, sieve/colander (optional)

- Add pasta to a large microwave safe bowl with enough boiling water to cover the pasta
- Cover with cling film and pierce a few holes
- Cook on high for the length of time stated on packet for hob cooking plus 3 minutes
- Leave to stand for a few minutes after cooking, taste a piece, if still too hard, place in microwave for another few minutes
- Drain well and serve.

*Coeliac/gluten free adaption: Choose gluten free pasta.*



# Rice



Allow roughly 75g of rice per adult (1/3 mug).



## *To cook on the hob*

### **Equipment**

Kettle (optional), hob, saucepan with lid, sieve (optional)

- Rinse well with cold water
- Boil water in the kettle and add to saucepan, place on hob at a high heat (roughly 2 parts water to 1 part rice)
- Stir in the rice, cover with a lid and return to the boil
- Reduce the heat and allow to simmer for 15 minutes or until rice is plumped up and soft. Cooking times may vary for different types of rice and will be written on the packet
- Drain excess water, rinse well with boiling water and serve.

## *To cook in the microwave*

### **Equipment**

Kettle (optional), microwave safe bowl, kettle, cling film, spoon, sieve (optional)

- Add rice and 175ml of boiling water per 75g of rice to a large microwave safe bowl
- Cover with cling film and pierce a few holes
- Cook on full power for 10 minutes or until rice is tender. Cooking times may vary for different types of rice and will be written on the packet
- Leave to stand for 4 minutes after cooking
- Drain excess water, rinse well with boiling water and serve.

\* For packeted microwave rice: follow instruction on pack.

# Vegetables



Allow 80g/3 tbsps per adult  
= 1/3 - 1/4 of a 400g tin (drained).



## *To cook on the hob*

### **Equipment**

Kettle (optional), hob, saucepan with lid, spoon, sieve (optional)

- If tinned - open, drain and rinse under water
- Cut into smaller pieces if desired
- Boil water in kettle, add to saucepan and place on the hob on a high heat
- Stir in the vegetables, cover with a lid and return to the boil
- Reduce the heat and allow to simmer for 5-10 minutes until soft. Cooking times may vary for different vegetables, so test throughout cooking
- Drain excess water and serve.

## *To cook in the microwave*

### **Equipment**

Microwave safe bowl, cling film, spoon, sieve (optional)

- If tinned - open, drain and rinse under water
- Cut into smaller pieces if desired
- Add vegetables and a few spoonfuls of water to microwave safe bowl
- Cover with cling film and pierce a few holes
- Cook on full power for 2-5 minutes or until soft (will vary according to vegetable and microwave power).
- Leave to stand for a few minutes after cooking.
- Drain excess water and serve.

Save drained water to make sauces or gravy so you keep the vitamins that move into the water.



# BREAKFAST

## Porridge



Serves 1

Cooking time: around 6 minutes

### Ingredients

40g (1/3 mug) porridge oats per adult

300ml water/milk (1 mug)

### Optional Ingredients

1 tbsp dried fruit or

3 tbsp tinned fruit

1 tsp cinnamon

1 heaped tbsp of dried fruit or 3 tbsp of tinned fruit counts as one of your 5-a-day!

### Method

#### *To cook on the hob*

- Place oats in a saucepan with water and bring to the boil on a high heat. Milk can be used instead to give a more creamy porridge
- Reduce heat and gently simmer for 2-3 minutes while stirring
- Add cinnamon and further milk to taste and dried/tinned fruit to sweeten if wished.

#### *To cook in the microwave*

- Place oats into a large microwave safe bowl, add water and stir. Milk can be used instead to give a more creamy porridge
- Cook uncovered on full power for 2-3 minutes. Stir well. Cook on full power for a further 2 minutes. Stir well and leave to stand for 1 minute before serving
- Add cinnamon and further milk to taste and dried/tinned fruit to sweeten if wished.

*Coeliac/gluten free adaption: Choose gluten free porridge oats.*

# Simple Pancakes



Makes 6-8 medium pancakes

Cooking time: around 15 minutes

## Ingredients

160g plain flour (one mug)

1 tbsp sugar

1 egg lightly beaten

180ml milk (just over ½ mug)

3 tbsp oil



## Equipment

Hob

Frying pan

Mixing bowl

Spatula

Fork/whisk

## Method

- Mix flour and sugar in a bowl. Whisk in the egg and then the milk, a little at a time, until batter is smooth and lump-free
- Wipe some of the oil over the surface of the frying pan and bring to a medium heat
- Pour a small amount of batter (roughly 4-5 tbsp) into frying pan and allow to brown on each side, flipping after roughly 1 minute (adjust heat as necessary, to prevent burning)
- Once browned on both sides remove pancake from frying pan and place on a plate or piece of kitchen paper
- Repeat this process until all of the mixture is used
- Try serving pancakes with dried or tinned fruit/jam/honey/lemon curd/peanut butter or why not try savoury toppings such as scrambled egg/cheese and mushroom/ham/tinned fish.

*Coeliac/gluten free adaption: Use gluten free flour.*



# SOUP

## Carrot & Lentil Soup / Curried Carrot & Lentil Soup

Serves 6     

Cooking time: around 30-40 minutes

### Ingredients

4 large carrots or 2 tins carrots drained  
2 small onions or ½ tin chopped onions  
180g dried or tinned lentils (¾ mug)  
2 vegetable stock cubes in 1600ml  
boiling water (5⅓ mugs)  
300ml milk (mug)  
2 tbsp oil

### Optional Ingredients

1 tsp garlic powder/puree  
1 tsp mixed herbs  
2 tsp curry powder  
1 tsp cumin

### Method

- Rinse lentils
- Finely chop the onion and carrot
- Heat the oil in a large saucepan
- Add onions, garlic and mixed herbs and pan-fry over a medium heat until onions are soft
- *To make a curried version of this soup add the curry powder and cumin at this stage*



### Equipment

Hob  
Large saucepan with lid  
Kettle  
Blender/ hand blender (optional)  
Chopping board  
Sharp knife  
Sieve (optional)  
Jug  
Wooden spoon  
Tin opener  
Tablespoon  
Teaspoon

*Continued on next page*

- Stir in the carrots, lentils, stock and milk
- Bring to the boil over a high heat
- Reduce heat, cover with a lid and gently simmer for 15 minutes until the lentils have swollen and the carrots are soft. Stir from time to time to prevent sticking
- Blend the soup or leave chunky if preferred
- Serve with slices of bread/pitta or naan.

*Coeliac/gluten free adaption: Check stock cubes are gluten free.*

You can add extra flavour using some of the optional ingredients.



# Minestrone Soup



Serves 4

Cooking time: around 30-40 minutes

## Ingredients

1 tin cannellini beans or butter beans, drained and rinsed  
1 small onion or ¼ tin chopped onions  
2 large carrots or 1 tin carrots drained  
2 tbsp tomato purée  
1 tin chopped tomatoes  
1 vegetable stock cube in 1200ml boiling water (4 mugs)  
150g dried spaghetti, (break into short lengths)  
1 tbsp oil

## Optional Ingredients

2 peeled potatoes or ½ tin potatoes  
2 tsp garlic powder/puree



## Equipment

Hob  
Large saucepan with lid  
Kettle  
Jug  
Sieve/colander (optional)  
Sharp knife  
Wooden spoon  
Tin opener  
Potato peeler (optional)  
Tablespoon  
Teaspoon

## Method

- Finely chop the onion, carrots and potatoes
- Heat the oil in a saucepan over a medium heat
- Add the onion, carrots, garlic and potatoes and cook for about 10 minutes, stirring from time to time until the vegetables are soft
- Add in the tomato puree, tomatoes and stock
- Cover with a lid and bring to the boil over a high heat
- Reduce heat and gently simmer for 10 minutes
- Add the beans and pasta and cook for a further 10 minutes, or until the pasta is soft
- Can be served with bread if liked.

*Coeliac/gluten free adaption: Use gluten free spaghetti and check stock cubes are gluten free.*

# MAIN MEALS

## Beef Goulash



Serves 4

Cooking time: around 35 minutes

### Ingredients

2 tins cooked beef eg. stewing steak/  
mince and onion/beef stew/beef  
goulash  
1 tin carrots, drained  
3-6 potatoes or 1-2 tins potatoes drained  
and quartered  
1 tin chopped tomatoes  
1 tbsp tomato puree  
1 tbsp oil  
300ml water (1 mug)

### Optional Ingredients

1 tsp paprika  
1 tsp garlic powder/puree  
½ tsp pepper

### Equipment

Hob  
Large saucepan  
Sieve/colander (optional)  
Chopping board  
Sharp knife  
Tin opener  
Potato peeler (optional)  
Wooden spoon  
Tablespoon  
Teaspoon

Any vegetables can be  
added to this dish!

### Method

- If using fresh potatoes, peel and cut into quarters
- Roughly chop the carrots
- Gently heat oil in a large saucepan
- Add garlic, paprika and tomato puree and cook over a medium heat for 2-3 minutes whilst stirring
- Stir in the tomatoes, pepper, meat and water

*Continued on next page*



- If using fresh potatoes, also add them at this point and bring to the boil over a high heat
- Reduce heat and gently simmer for 15 minutes
- After 15 minutes add carrots and tinned potatoes (if using)
- Allow to simmer for a further 10 minutes
- If using less potatoes serve with boiled rice on the side, made as described on page 20.

*Coeliac/gluten free adaption: Check tinned cooked meat is gluten free.*

# Chilli Con Carne



Serves 4

Cooking time: around 30 minutes

## Ingredients

- 1 tin cooked mince or mince and onions
- 1 tin kidney beans, drained and rinsed
- 1 onion or ½ tin chopped onions
- 1 tin chopped tomatoes
- 1-2 tsp chilli powder
- 1/2 beef or vegetable stock cube in 300ml (1 mug) boiling water
- 1 tsp oil

## Optional Ingredients

- 1 tsp garlic powder/puree
- Pepper to season

Beans are naturally low in fat and high in fibre and protein!



## Equipment

- Hob
- Large saucepan with lid
- Kettle
- Chopping board
- Sharp knife
- Measuring jug/mug
- Sieve/colander (optional)
- Tin opener
- Teaspoon
- Wooden spoon

## Method

- Peel and chop the onion
- Gently heat the oil in a saucepan
- Add the onion, chilli and garlic and soften over a medium heat for 2-3 minutes
- Add the mince, kidney beans, tomatoes, stock and pepper and bring to the boil over a high heat
- Reduce heat, cover with a lid and gently simmer for 20 minutes
- Serve with rice or baked potato, made as described on pages 17 and 20.

*Coeliac/gluten free adaption: Check stock cubes and tinned mince are gluten free.*

*Vegetarian adaption: Use a vegetable stock cube and replace the mince with an extra tin of beans.*



# Cottage Pie



Serves 4

Cooking time: around 40 minutes



## Ingredients

1 tin cooked mince or mince and onions  
1 tin beans, drained & rinsed  
eg. chickpeas, kidney beans  
OR 125g dried lentils (½ mug)  
1 tin vegetables, drained eg. carrots,  
peas, mushrooms  
8 small potatoes or 2 tins potatoes or  
700g prepared instant mash  
½ beef or vegetable stock cube dissolved  
in 200ml boiling water (2/3 mug)

## Optional Ingredients

2-4 tsp gravy granules

## Equipment

Oven/grill  
Hob  
2 saucepans (1 with a lid)  
Ovenproof dish  
Kettle  
Sieve/colander (optional)  
Measuring jug/mug  
Tin opener  
Potato peeler (optional)  
Potato masher/fork  
Wooden spoon  
Teaspoon  
Knife

## Method

- If oven baking pre-heat oven to 180°C. If using grill set to a medium heat
- Add mince, vegetables, beans/lentils and stock to a saucepan and bring to the boil over a high heat, stirring from time to time
- Reduce heat, cover with a lid and gently simmer for 15 minutes
- Make mashed potato as described on page 16-17
- If using instant mash, make as instructed on packet
- If wished, add gravy granules to thicken the meat mixture
- Place meat mixture into an oven proof dish and cover with mashed potato
- Bake in the oven for 20 minutes or grill until potato topping is golden brown.

*Coeliac/gluten free adaption: Check tinned mince, stock cubes and gravy granules are gluten free.*

*Vegetarian adaption: Use a vegetable stock cube, vegetable gravy granules and use double the amount of lentils or beans instead of mince.*

# Stew



Serves 4

Cooking time: around 30 minutes

## Ingredients

2 tins corned beef or cooked stewed steak

8 small potatoes or 2 tins potatoes

1 tin carrots, drained

1 onion or ½ tin chopped onions

½ beef or vegetable stock cube  
 in 600ml boiling water (2 mugs)

2-4 tsp gravy granules

1 tbsp oil

Pepper to taste

## Optional Ingredients

1 tin chickpeas, drained

Leave the potato skins on for extra fibre...just remember to wash the skins well



## Equipment

Hob

Large saucepan with lid

Chopping board

Measuring jug/mug

Sharp knife

Tin opener

Potato peeler (optional)

Wooden spoon

Tablespoon

## Method

- If using fresh potatoes peel and cut them into quarters
- Roughly chop the onion
- Heat the oil in a saucepan and pan-fry the onion on a medium heat for 2-3 minutes until softened
- Add the corned beef/stewed steak, potatoes, carrots, chickpeas (if using) and stock, and bring to the boil over a high heat
- Reduce heat, cover with lid and gently simmer for 20 minutes or until the potatoes are tender
- Add more water as needed
- Stir in gravy granules to thicken and pepper to taste before serving.

*Coeliac/gluten free adaption: Check tinned meat, stock cubes and gravy granules are gluten free.*



# Tinned Meatballs with Vegetables



Serves 4

Cooking time: around 35 minutes

## Ingredients

1 tin/jar cooked meatballs or sausages

1 tin baked beans

1 tin vegetables, drained eg. peas,  
carrots, sweetcorn

2 tsp tomato puree

1-2 tbsp oil

## Optional Ingredients

2 tsp garlic powder/puree

2 tsp paprika

You can use kidney beans, cannellini beans or chick peas instead of baked beans!



## Equipment

Hob

Frying pan

Wooden spoon

Chopping board

Sharp knife

Tin opener

Teaspoon

## Method

- Open tin of meatballs/sausages - cut the sausages into bite size pieces
- Heat oil in frying pan
- Cook tomato puree, garlic and paprika on a medium heat for 1-2 minutes
- Add the meatballs/sausages, vegetables and beans and gently simmer for 10 minutes
- Add some water if needed
- Serve with potatoes or rice made as described on pages 16-17 and 20.

*Coeliac/gluten free adaption: Check sausages/meatballs and baked beans are gluten free.*

# Chicken/Vegetable Curry



Serves 4

Cooking time: around 35 minutes

## Ingredients

- 2 tins cooked chicken pieces or 2 tins chickpeas, drained
- 1 tin of vegetables, drained eg. carrots, sweetcorn, peas
- 2-3 medium potatoes or ½ tin potatoes
- 1 onion or ½ tin chopped onions
- 1 tin chopped tomatoes
- 4 tsp curry powder
- 1 chicken/vegetable stock cube in 400ml (1⅓ mug) boiling water
- 2 tbsp oil

Tinned cooked beef, lamb or pork could also be used!



## Equipment

- Hob
- Large saucepan with lid
- Chopping board
- Sharp knife
- Potato peeler (optional)
- Tin opener
- Tablespoon
- Teaspoon
- Wooden spoon
- Measuring jug/mug
- Kettle
- Sieve/colander (optional)

## Optional Ingredients

- 1 tsp coriander powder

## Method

- Peel and quarter the potatoes and finely chop the onion, if using fresh
- Add the oil, onion, curry powder, coriander powder and chicken/chickpeas to the saucepan
- Cook for 2-3 minutes over a medium heat while stirring
- Add the potatoes, vegetables, tomatoes and stock and bring to the boil
- Reduce heat, cover with a lid and gently simmer for 20 minutes or until potatoes are soft, stirring from time to time.

*Continued on next page*



- Serve with rice or noodles made as described on pages 18 and 20.

*Coeliac/gluten free adaption: Check tinned meat, stock cube and curry powder are gluten free.*

*Vegetarian adaption: Replace the chicken with extra chickpeas and use a vegetable stock cube.*

# Chicken & Vegetable Pasta Bake CA

Serves 4

Cooking time: around 40 minutes

## Ingredients

2 tins cooked chicken pieces or chopped ham, drained

1-2 tins vegetables, drained eg. peas, carrots, mushrooms, spinach

1 tin chicken soup

300g pasta (2 mugs)

## Optional Ingredients

8 crackers

or 100g cornflakes (2 mugs)



## Equipment

Hob

Oven

Large saucepan with lid

Ovenproof dish

Kettle

Tin opener

Wooden spoon

A tin of mushroom or vegetable soup can be used instead of chicken soup.

## Method

- Pre-heat oven to 180°C
- Make pasta as described on page 18
- Mix the chicken/ham, soup, vegetables and pasta and place into an ovenproof dish
- Crumble the crackers or cornflakes on top.
- Bake for 20 minutes before serving.

*Coeliac/gluten free adaption: Check tinned meat, chicken soup, crackers/cornflakes and pasta are gluten free.*



# Chicken/Ham & Vegetable Stir-Fry



Serves 4

Cooking time: around 20 minutes

## Ingredients

1 tin cooked chicken pieces or chopped ham, drained

1 tin chickpeas or cannelloni beans, drained and rinsed

1-2 tins vegetables, drained eg. peas, mushrooms, carrots

½ chicken or vegetable stock cube made with 150ml (½ mug)

boiling water

1 tbsp soy sauce

4 blocks of noodles

## Optional Ingredients

2 tsp flour/ cornflour

You can use any type of vegetables that you have!

## Method

- Add the chicken/ham, vegetables and chickpeas/beans into a frying pan and pan-fry for 4-5 minutes over a medium heat
- Mix the stock and soy sauce
- Add to the frying pan and bring to the boil while stirring
- Reduce heat and gently simmer for 10 minutes
- Add flour/cornflour to thicken sauce
- Make the noodles as described on page 18 and serve the stir-fry on top.

*Coeliac/gluten free adaption: Check tinned meat, stock cube, soy sauce and noodles are gluten free.*

*Vegetarian adaption: Use an extra tin of chickpeas/ beans instead of chicken or ham, and use a vegetable stock cube.*



## Equipment

Hob

Frying pan

Large saucepan

Measuring jug/mug

Kettle

Wooden spoon

Tin opener

Teaspoon

Tablespoon

# Fish Cakes



Serves 4

Cooking time: up to 40 minutes

## Ingredients

2 x 160g tins fish  
(whatever type you have)  
4 large potatoes or 2 tins potatoes  
1 tin vegetables, drained eg. peas,  
green beans, carrots, sweetcorn, mixed  
vegetables  
1 tbsp oil

## Optional Ingredients

1 onion or ½ tin onions  
1 tsp mixed herbs  
Pepper to taste

If you don't have  
much fish - add some  
chopped hard-boiled  
egg instead



## Equipment

Hob  
Oven/grill  
Large saucepan  
Frying pan/small saucepan  
Baking tray/grill tray  
Large mixing bowl  
Chopping board  
Sharp knife  
Tin opener  
Wooden spoon  
Fork  
Tablespoon  
Teaspoon

## Method

- If oven baking, pre-heat oven to 180°C. If using grill set to a medium heat
- Open and drain tinned fish. If using fish tinned in tomato/barbeque sauce keep sauce to use later
- Place fish into large bowl and mash with a fork, removing any large bones
- Finely chop onion and vegetables and pan-fry in a small amount of oil for 2-3 minutes on a medium heat
- Make mashed potato as described on page 16
- Combine fish, mashed potato, onions, vegetables, mixed herbs and pepper

*Continued on next page*



- Shape mixture into 8 burger shapes, pat with oil and place on a baking/grill tray
- Cook in oven for 20 minutes or cook under a hot grill until lightly browned. Turn carefully half way through cooking
- Serve fish cakes on their own as a light meal or bulk up by serving with baked beans/salad/vegetables/extra potatoes, rice or bread.

Serve the sauce you kept earlier along with your fishcakes

# Spicy Tuna Pasta



Serves 2

Cooking time: around 20 minutes

## Ingredients

- 1 160g tin tuna
- 1 tin vegetables, drained  
eg. sweetcorn, mushrooms, peppers
- 1 tin chopped tomatoes
- 1 tsp oil
- 150g dried pasta (1 mug)

## Optional Ingredients

- ½ teaspoon chilli powder

Tinned salmon, mackerel or sardines can be used instead of tuna



## Equipment

- Hob
- 2 saucepans
- Wooden spoon
- Small bowl
- Tin opener
- Teaspoon
- Fork

## Method

- In saucepan, make the pasta as described on page 19
- Drain the tuna and separate with fork into a small bowl
- Add the oil, chilli powder and tomatoes to a saucepan
- Cook for 2-3 minutes on a medium heat
- Add the tuna and vegetables and heat through for a further 10 minutes, stirring from time to time
- Mix the sauce and pasta and serve.

*Coeliac/gluten free adaption: use gluten free pasta.*



# Tuna & Sweetcorn Lasagne



Serves 4

Cooking time: around 60 minutes

## Ingredients

2 160g tins tuna, drained  
(tinned cooked meat/lentils can be used instead)

1 medium onion or ½ tin chopped onions

1 tin sweetcorn, drained

1 tin chopped tomatoes

2 tbsp cornflour

550ml milk (just under 2 mugs)

1-2 tsp oil

9-12 lasagne sheets

## Optional Ingredients

1 tsp garlic powder/puree

1 tsp mixed herbs

60g cheese grated/crumbled



## Equipment

Oven

Hob

2 saucepans

Ovenproof dish

Wooden spoon

Chopping board

Sharp knife

Tin opener

Teaspoon

Tablespoon

Grater (optional)

## Method

- Preheat the oven to 180°C
- Finely chop the onion
- Grate/ crumble the cheese and set aside
- Heat the oil in a saucepan and pan-fry the onion and garlic for 2-3 minutes or until soft
- Add the chopped tomatoes and mixed herbs and bring to the boil. Reduce heat and gently simmer for 5 minutes
- Stir in the tuna and sweetcorn and remove from heat
- Blend the cornflour with a few tablespoons of milk

*Continued on next page*

- Place the rest of the milk in a saucepan and bring to the boil
- Remove from the heat and slowly stir in the blended cornflour
- Return to a medium heat and continue stirring until thickened slightly
- Mix in half the grated cheese
- Put  $\frac{1}{3}$  of the tuna sauce in the bottom of the ovenproof dish. Cover with 3 or 4 sheets of lasagne then pour over  $\frac{1}{3}$  of the cheese sauce. Repeat the layers twice more finishing with the cheese sauce
- Sprinkle the rest of the cheese on the top
- Cook in the oven for 35-40 minutes, until golden brown in colour.

*Coeliac/gluten free adaption: Use gluten free pasta and check cornflour is gluten free.*



# Tinned Fish Pilaf

Serves 4

Cooking time: around 25 minutes

## Ingredients

- 2 160g tins fish, drained
- 1 tin green beans, drained (can use other tinned vegetables)
- 1 tin chopped tomatoes
- 300g uncooked rice (1 $\frac{1}{3}$  mugs)
- 600ml water (2 mugs)

## Optional Ingredients

- 1 tsp mixed herbs

You can use any type of tinned fish that you have!



## Equipment

- Hob
- Large saucepan with lid
- Tin opener
- Measuring jug/mug
- Wooden spoon
- Teaspoon

## Method

- Add the uncooked rice, mixed herbs, tin of tomatoes and water to the saucepan, mix well and bring to the boil over a high heat
- Once boiling reduce the heat, cover with a lid and simmer for 15 minutes, stirring from time to time
- Just before the rice has soaked up all of the water (after roughly 15 minutes) add the fish and green beans
- Stir through and allow to cook on a low heat until the rice is tender and there is no water left
- Serve steaming hot.

# Moroccan Chickpea Stew



Serves 2

Cooking time: around 25 minutes

## Ingredients

- 1 tin chickpeas, drained and rinsed
- 1 tin vegetables, drained eg. diced carrots, peas, green beans, sweetcorn
- 2 tbsp raisins or sultanas
- 1 tin chopped tomatoes
- 1 tbsp oil

## Optional Ingredients

- 1 onion or ½ tin of onions
- 2 tbsp pure orange juice
- 1 tsp garlic powder/puree
- 1 tsp paprika

You can add extra flavour using some of these optional ingredients



## Equipment

- Hob
- Large saucepan with lid
- Wooden spoon
- Tin opener
- Teaspoon
- Tablespoon
- Sharp Knife

## Method

- Gently heat oil in saucepan
- Finely chop and add the onion, garlic and paprika
- Pan-fry on a medium heat for 2-3 minutes until soft
- Add the vegetables, tin of tomatoes, raisins/sultanas and chickpeas
- Add the orange juice (or 2 tbsp water instead)
- Bring to the boil on a high heat
- Reduce heat, cover with a lid and gently simmer for 15-20 minutes
- Serve with bread or rice made as described on page 20.



# Spicy Bean Burgers



Makes around 6-8 burgers

Cooking time: up to 45 minutes

## Ingredients

- 1 tin baked beans, drained
- 1 tin kidney beans/cannellini beans/  
borlotti beans, drained and rinsed
- 1 tin sweetcorn, drained
- 1 tin spinach (or frozen)
- 1 small onion or ¼ tin onions
- 2 slices of stale bread
- 1-2 tbsp oil

## Optional Ingredients

- 1 tsp. garlic powder/puree
- ½-1 tsp. chilli powder
- 1 tsp. ground cumin

Great to  
freeze &  
cook at a  
later time



## Equipment

- Hob
- Grill/oven
- Frying pan
- Large mixing bowl
- Grater/blender
- Baking tray/grill tray
- Chopping board
- Sieve/colander (optional)
- Sharp knife
- Wooden spoon
- Tin opener
- Teaspoon
- Tablespoon

## Method

- Preheat the grill to a medium heat or oven to 180°C
- Finely chop the onion
- Gently heat some of the oil in a frying pan
- Add the onion, chilli, garlic and cumin and pan-fry over a medium heat for 2-3 minutes until soft
- Make breadcrumbs by grating or blending the slices of bread
- Squeeze the spinach to remove any moisture
- In a large bowl combine the beans, sweetcorn, spinach, breadcrumbs and onion mix

*Continued on next page*

- Shape into burgers, pat with the rest of the oil and place on baking/ grill tray
- Grill for around 3 minutes each side or bake in the oven for 20-30 minutes
- Serve in burger bap or pitta bread with tomatoes and lettuce if available.

*Coeliac/gluten free adaption: Use gluten free bread and check baked beans are gluten free.*



# Tomato & Lentil Pasta



Serves 4-6

Cooking time: around 30 minutes

## Ingredients

125g dried lentils (½ mug) or 1 tin lentils  
1 tin chopped tomatoes  
1 tbs tomato puree  
1 vegetable stock cube in 300ml  
(1 mug) boiling water  
1 tablespoon oil  
300-450g (2-3 mugs) pasta  
dried pasta/ spaghetti

## Optional Ingredients

1 tsp garlic powder/puree  
1 tsp mixed herbs  
1 tin vegetables

Lentils are a great source of protein



## Equipment

Hob  
1 medium saucepan with lid  
1 large saucepan with lid  
Measuring jug/mug  
Kettle  
Sieve (optional)  
Tablespoon  
Teaspoon  
Tin opener  
Wooden spoon

## Method

- Rinse lentils
- Gently heat oil in medium saucepan
- Add garlic and tomato puree and cook whilst stirring for 2-3 minutes
- Add lentils, tomatoes, stock, mixed herbs and black pepper
- Cover with lid and bring to the boil over a high heat
- Reduce heat and gently simmer for 20 minutes
- In a large saucepan make the pasta as described on page 19
- To serve, mix sauce and pasta together.

*Celiac/gluten free adaption: Use gluten free pasta and check lentils and stock cube are gluten free.*

# DESSERTS

## Custard



Serves 4

Cooking time: around 10 minutes

### Ingredients

2 tbsp custard powder

550ml milk (just under 2 mugs)

1-2 tbsp sugar

### Optional Ingredients

1 tbsp Chocolate powder



### Equipment

Hob/microwave

Saucepan/Microwave safe bowl

Mixing bowl

Whisk/Wooden spoon

Tablespoon

Measuring jug/mug

For a fruity custard  
replace the sugar with  
your choice of mashed  
fruit at the end

### Method

#### *To cook on the hob*

- Put custard powder (plus additional chocolate powder, if using) and sugar in a mixing bowl
- Mix into a smooth paste with a little of the milk
- Heat the remaining milk until nearly boiling and pour onto the custard mix, stirring well
- Return to the saucepan and bring to the boil over a medium heat while stirring, until thickened slightly.

#### *To microwave*

- Follow the first two steps above
- Add the remaining milk and cook on full power for 6 minutes, stirring halfway through
- Leave to stand for 1 minute before serving.

*Coeliac/gluten free adaption: Check custard powder is gluten free.*



# Fruity Custard Crunch



Serves 4

Cooking time: around 15 minutes

## Ingredients

2 tins fruit eg. peaches, stewed apples, pears, apricots, mandarins, dried fruit (if using dried fruit soak in a little water for a couple of hours beforehand)

1 tin custard (can also use tinned rice pudding or semolina)

1 mug (120g) porridge oats or cornflakes

1 tbsp sugar

## Method

- Set grill to a medium heat
- Drain the fruit (keep any fruit juice for use at a later time)
- Place fruit pieces along the bottom of the dish of your choice and cover with custard
- Onto this sprinkle the oats and sugar before grilling until the sugar has browned.



## Equipment

Grill

Ovenproof dish

Tin opener

Tablespoon

When serving pour over the fruit juice as a sweet sauce

*Coeliac/gluten free adaption: Use gluten free porridge oats or cornflakes and check custard powder is gluten free. Avoid semolina.*

# Oaty Fruity Crumble



Serves 4

Cooking time: around 50-60 minutes

## Ingredients

2 tins fruit eg. Berries, stewed apples, mandarins, peaches, pineapple, fruit cocktail

40g porridge oats (1/3 mug)

80g flour (1/2 mug)

50g cold butter or margarine

(roughly 3 1/2 tbsp)

4 tbsp sugar

1 tsp oil

## Optional Ingredients

1 tsp cinnamon

Fresh or frozen fruit can also be used



## Equipment

Oven

Oven proof dish

Mixing bowl

Tin opener

Teaspoon

Tablespoon

Scales/mug

## Method

- Preheat oven to 180°C. Lightly oil ovenproof dish
- Place flour in a bowl. Rub butter/margarine into the flour until mixture looks like breadcrumbs
- Mix in the oats, sugar and cinnamon
- Drain the fruit (keep any fruit juice for use at a later time)
- Place fruit into the bottom of the ovenproof dish and top with the crumble mixture
- Bake for 30-40 minutes or until the top is lightly brown
- Nice served with custard.

*Coeliac/gluten free adaption: Use gluten free porridge oats, flour and custard powder.*



# Simple Rice Pudding



Serves 4

Cooking time: around 40 minutes

## Ingredients

100g dried pudding rice (½ mug)

550ml milk (just under 2 mugs)

2 tbsp sugar



## Optional Ingredients

2 tsp cinnamon

1 tin of fruit, drained and roughly chopped eg. peaches, pears, apricots

Dried fruit eg. raisins or sultanas could be used instead of tinned fruit!

## Equipment

Hob

Saucepan

Chopping board

Sharp knife

Tin opener

Wooden spoon

Teaspoon

Tablespoon

Measuring jug/mug

## Method

- Add dried pudding rice, sugar and milk to the saucepan and cook gently on a low heat for 30-35 minutes stirring often until rice is tender and pudding has thickened
- Add more milk as preferred (if using tinned rice pudding follow heating instructions on the label)
- Add the fruit and cinnamon and serve.

*Coeliac/gluten free adaption: Check rice pudding is gluten free.*

# NO COOK/LOW FUEL RECIPES

This section includes some **basic** recipes that require **little or no cooking**. These can be used at times when fuel is low and/or there isn't much cooking equipment.

Some recipes use a **microwave or kettle** but most of these recipes can be eaten cold, without heating or cooking – but can be cooked if you have a microwave.



All of the recipes in this section need **little preparation** and most ingredients can be found in a **food parcel**. Some other ingredients are suggested but are not essential.

Some food banks or voluntary groups offer the use of their cooking facilities – ask about this when getting your food parcel.

Don't forget – if you have a **slow cooker**, this is the cheapest way to cook as it uses little fuel. Check out our choice of slow cooker recipes.

**Remember:** Most pre-prepared and tinned meals can be eaten cold/without cooking – check packaging for instructions.



See '**Simple sides**' for instructions on how to cook potatoes, pasta, rice, noodles and vegetables in the microwave.



# BREAKFAST

## Fruit Smoothie



Serves 1

Cooking time: around 10 minutes

### Ingredients

150ml/½ mug milk

½ tin fruit

### Optional Ingredients

3 tbsp of porridge oats

(only recommended if using blender)

### Equipment

Mug

Measuring jug or tall jug or large bowl (if using potato masher or fork)

Tin opener

Glass

Blender/hand blender or fork/  
potato masher

### Method

- If using blender/hand blender add all ingredients to measuring jug/tall jug and whizz until smooth
- If using fork/potato masher – add fruit to bowl and mash until smooth
- Add to jug/glass with milk – stir until well mixed.

*Coeliac/gluten free adaption: Use gluten free porridge oats.*

# Overnight Oats



Serves 1

Preparation time: around 10 minutes  
+ 8 hours standing time

## Ingredients

40g (1/3 mug) porridge oats

1 mug of milk or water

1-2 tbsp tinned fruit  
(chopped into small pieces)

## Optional Ingredients

Fruit juice from tinned fruit – can replace  
some of the water/milk

1 tsp cinnamon or all spice

1 tsp sweetener/sugar/honey/jam

1-2 tsp seeds/nuts/dried fruit

1 tsp peanut butter



## Equipment

Medium sized jam jar or bowl

Tablespoon

Mug

## Method

- Add oats to the jam jar/bowl
- Add milk or water (or replace some of this with drained fruit juice)
- Drain tinned fruit (keeping drained juice to add to mix or drink for breakfast if tinned in own juice), chop if required, add to porridge mix
- Add any optional ingredients you wish
- Mix together
- Leave in fridge overnight/for at least 8 hours.

*Coeliac/gluten free adaption: Check porridge is gluten free.*



# MAIN MEALS

## Bean Salad/Casserole



Serves 4

Cooking time: around 15 minutes

### Ingredients

2 tins of beans eg. cannellini, kidney, chickpeas, baked beans  
1 tin chopped tomatoes or jar of tomato pasta sauce  
1 tin vegetables eg. peas, sweetcorn, carrots

### Equipment

Tin opener  
Bowl  
Sieve (optional)  
Spoon  
Knife  
Chopping board

### Optional Ingredients

1 tin cooked sausages or tuna  
1 tsp mixed herbs/dried garlic granules/dried onion granules/paprika  
Salt/pepper to taste

### Method

- Open and rinse beans (unless baked beans) and add to bowl
- Open and rinse vegetables – chop into smaller pieces if needed – add to beans. Add tinned tomatoes
- If using – open and drain sausages/tuna, chop if required, add to bean mix
- Season according to taste
- Can be heated in microwave if available
- Can be served with cooked pasta, potatoes or bread (see instructions page 16 and 19).

# Creamy Chicken & Vegetable Pasta



Serves 4

Preparation time: around 30 minutes

## Ingredients

- 1 tin chicken or ham
- 1 tin chicken soup
- 1 tin vegetables eg. peas, carrots, sweetcorn, mushrooms
- 300g pasta (2 mugs)

## Optional Ingredients

- 1 tsp mixed herbs/dried garlic granules/dried onion granules/paprika
- Salt/pepper to taste
- 30g grated cheese



## Equipment

- Microwave
- Tin opener
- Knife
- Chopping board
- Sieve (optional)
- 2 Medium sized bowls

Use a tin of chicken in creamy sauce instead of chicken/ham and tinned soup

## Method

- Cook pasta as per instructions on page 19
- Chop tinned chicken or ham into pieces and add to bowl
- Add tin of soup to bowl
- Open and rinse vegetables - chop into pieces if needed and add to mix
- Add seasoning if using
- Heat soup mixture in microwave according to instructions on packet
- Mix together with pasta.

*Coeliac/gluten free adaption: Check tinned soup is gluten free and use gluten free pasta.*



# Fish Pie

Serves 4

Cooking time: around 20 minutes

## Ingredients

- 2 tins of fish eg. tuna, salmon
- 1 tin of vegetables eg. peas, sweetcorn, carrots
- 1 jar of creamy pasta sauce
- 2 tins of potatoes or 700g instant mash
- 1-2 tbsp of milk

## Optional Ingredients

- Salt/pepper/mixed herbs to taste.
- 30g grated cheese

Creamy tinned soup can be used instead of pasta sauce



## Equipment

- Microwave (optional)
- Tin opener
- Medium sized bowl
- Sieve (optional)
- Knife
- Fork
- Tablespoon
- Potato masher (optional)
- Chopping board
- Wooden spoon
- Pie dish or medium sized bowl

## Method

- Open tins of tuna and tinned vegetables – drain and add to pie dish
- Add pasta sauce to tinned tuna and vegetables and mix together – add a little milk if too thick
- If using tinned potatoes rinse them before mashing with milk and seasoning
- If using instant mash, make this according to the instructions on the packet
- Spread mashed potato over tuna and vegetable mix and score with a fork
- Top with grated cheese if using
- Can be heated in microwave if available.

*Coeliac/gluten free adaption: Check creamy pasta sauce is gluten free.*

# Gazpacho (cold soup)



Serves 4

Cooking time: around 15 minutes



## Ingredients

2 tins tomato based soup eg. tomato or minestrone or tinned tomatoes

1 tin vegetables eg. carrots, peas or green beans

1 tin beans eg. cannellini beans, butter beans, kidney beans

## Optional Ingredients

1 tin potatoes

Herbs, salt and pepper to taste

Leftover cooked pasta

## Equipment

Tin opener

Sieve/colander (optional)

Large bowl

Wooden spoon

Chopping board

Knife

Wooden spoon

Microwave (optional)

## Method

- Open tin of soup or tinned tomatoes and add to bowl
- Open tin of vegetables and rinse – chop if wished
- Add to soup or tinned tomatoes
- Open and rinse beans and add to soup mix
- Season with herbs, salt and pepper if available
- If mixture is too thick – add a little water
- Can be heated in a microwave if available.

*Coeliac/gluten free adaption: Check soup is gluten free.*



# Vegetable Noodles



Serves 2

Cooking time: around 15 minutes

## Ingredients

2 packs instant noodles

1 tin chickpeas or cannellini beans

1 tin vegetables eg. peas, sweetcorn, mushrooms

## Optional Ingredients

Tinned meat eg. ham, chicken



## Equipment

Tin opener

Sieve/colander (optional)

Large bowl

Wooden spoon

Chopping board

Sieve

Microwave

Spoon

Kettle

## Method

- Make instant noodles as per packet instructions
- Open and rinse vegetables, chop if required
- Open and rinse beans
- Open, drain and chop tinned meat, if using
- Combine all ingredients once noodles are cooked – if microwave available, reheat for 1-2 minutes to heat vegetables and beans.

*Coeliac/gluten free adaption: Check noodles are gluten free or use rice noodles.*

# Vegetable Rice



Serves 4

Cooking time: around 30 minutes

## Ingredients

300g rice (1 1/3 mugs)

1 tin vegetables eg. peas, sweetcorn, mushrooms

1 sachet powdered instant soup

## Optional Ingredients

Tinned beans eg. chickpeas, kidney beans, cannellini – preferably not baked

Tinned chicken

Or, use flavoured microwave rice – no need for instant soup



## Equipment

Tin opener

Medium sized bowl

Chopping board

Spoon

Sieve

Kettle

Microwave

Knife

## Method

- Add rice to bowl with powdered instant soup and water, cook as per instructions (page 20 or as per packet if using)
- Open and rinse vegetables, chop if required
- Open and drain beans, if using
- Open, drain and chop tinned meat, if using
- Once rice is cooked, add all ingredients, mix then heat for another 1-2 minutes.

*Coeliac/gluten free adaption: Check instant soup powder is gluten free.*



# DESSERTS

## Milky Pudding



Serves 2

Cooking time: around 10-15 minutes

### Ingredients

1 tin custard or rice pudding

1 tin fruit

### Optional Ingredients

1 tbsp crushed cereal or 1 tbsp of porridge oats

1 tsp jam/sugar/honey

½ tsp cinnamon

1 tbsp of dried fruit or nuts

### Equipment

Tin opener

Bowl

Spoon

Knife

Chopping board

Sieve (optional)

Microwave (optional)

2-3 tbsp of dried fruit can be used instead of tinned fruit

### Method

- Open tin of custard or rice pudding, add to bowl (If microwave available, heat as per instructions on tin)
- Open tinned fruit, drain juice and chop into smaller pieces if required. Juice can be kept for drinking or pouring over later
- Top custard/rice pudding with fruit plus any other ingredients used
- Pour over drained fruit juice.

*Coeliac/gluten free adaption: Check custard/rice is gluten free.*

# FURTHER INFORMATION & CONTACTS

## **Age NI**

**T:** 028 9024 8177

**W:** [www.ageni.org](http://www.ageni.org)

*Age NI is the leading charity for older people in Northern Ireland. Free information and advice.*

## **Belfast City Council Advice Services**

**W:** [www.belfastcity.gov.uk/community/advice/advice-main.aspx](http://www.belfastcity.gov.uk/community/advice/advice-main.aspx)

*If outside Belfast, contact your local council.*

## **Belfast City Council Community Gardens and Allotments**

**T:** 028 9032 0202

**W:** [www.belfastcity.gov.uk/leisure/allotments-communitygardens/allotments.aspx](http://www.belfastcity.gov.uk/leisure/allotments-communitygardens/allotments.aspx)

*If outside Belfast, contact your local council*

## **Bryson Energy Advice Line**

**T:** 0800 142 2865

*Provides advice to households on saving energy in the home and information on grants for heating and insulation.*

## **Consumer Council**

**T:** 028 9025 1600 **W:** [www.consumerCouncil.org.uk](http://www.consumerCouncil.org.uk)

*Promotes and looks after people's rights in NI for energy, postal services, transport, water and sewerage. They deal with consumer complaints and enquiries.*

## **Council for the Homeless Northern Ireland (CHNI)**

**T:** 028 9024 6440 **E:** [info@chni.org.uk](mailto:info@chni.org.uk) **W:** [www.chni.org.uk](http://www.chni.org.uk)

*CHNI are the voice for homeless people in NI. They help the government make policies and provide resources for homeless people.*

## **Citizens Advice Bureau**

**T:** 028 9023 1120 **E:** [info@citizensadvice.co.uk](mailto:info@citizensadvice.co.uk)

*Offers free, private and trusted advice and support including debt advice and applying for support.*



## Fareshare

**T:** 028 9033 2230

**W:** [www.fareshare.org.uk/fareshare-centres/northern-ireland](http://www.fareshare.org.uk/fareshare-centres/northern-ireland)

*Helps give emergency food relief for people or organisations who need it. They work with supermarkets to provide leftover foods at the end of the day.*

## Love Food Hate Waste

**W:** [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

*Gives advice on how you can waste less and save money. They provide information on planning meals, recipes, and storage of food.*

## National Energy Action

**T:** 028 9023 9909

**W:** [www.nea.org.uk](http://www.nea.org.uk)

*A national charity aiming to end fuel poverty. Provides advice on energy, reducing fuel bills and can make referrals for grants.*

## Northern Ireland Housing Executive

**T:** 028 9056 5444

*Offer a range of services to people living in rented and privately owned houses as well as helping a number of other public bodies.*

## Simon Community Northern Ireland

**T:** 028 9023 2882 **Freephone:** 0800 171 2222

**E:** [info@simoncommunity.org](mailto:info@simoncommunity.org) **W:** [www.simoncommunity.org](http://www.simoncommunity.org)

*They have many groups, campaigns and services for people who are homeless or are at risk of being homeless.*

## Welcome Organisation

**Address:** Unit 36, 28 Townsend Street, Belfast, BT13 2ES

**T:** 028 9024 0424

*Provide help and support to homeless people in Northern Ireland.*

# NUTRITION INFORMATION

## **British Dietetic Association (BDA)**

**W:** [www.bda.uk.com](http://www.bda.uk.com)

*Registered dietitians are health professionals that treat diet and nutrition problems. The website has up-to-date advice on diet and food facts sheets.*

## **British Heart Foundation (BHF)**

**W:** [www.bhf.org.uk](http://www.bhf.org.uk)

*A UK charity promoting heart health. The website offers useful facts on diet and health.*

## **British Nutrition Foundation (BNF)**

**W:** [www.nutrition.org.uk](http://www.nutrition.org.uk)

*A registered charity that gives nutrition food facts as well as the science behind it.*

## **Irish Nutrition and Dietetic Institute (INDI)**

**W:** [www.indi.ie](http://www.indi.ie)

*INDI is the professional organisation for Dietitians in Ireland. The website has lot of nutrition facts.*

## **NHS Choices**

**W:** [www.nhs.uk](http://www.nhs.uk)

*Provides lots of health information and advice including facts on diet. The 'Behind the headlines' section is very helpful.*

## **World Cancer Research Fund**

**W:** [www.wcrf-uk.org](http://www.wcrf-uk.org)

*A cancer prevention charity. Their website has lots of advice on healthy eating and cancer prevention.*



**HSC** Health and  
Social Care