



Cooking
on a
Shoe
String



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Introduction

This recipe book has been produced to help you to make delicious meals that won't cost the earth. The savoury recipes are based on a serving for two people, but you can reduce or increase the ingredients depending on how many people you are cooking for. Foods that are often provided in the food bank food parcels have been highlighted in *Italic* on the recipes.

We have added useful serving suggestions, tips on storage, reusing leftovers and how to evolve recipes using basic ingredients.

When you see a snowflake sign at the end of the page indicates that these dishes are suitable for freezing, simply make a larger batch and divide into appropriate sized portions and freeze in bags or containers. Always ensure that you defrost and heat through thoroughly before consumption.

We hope you enjoy making and eating these recipes as much as we enjoyed testing them.

Useful Cooking Terms

Boil: This is when the liquid is bubbling vigorously.

Core: To remove the central part of a fleshy fruit containing the seeds or the stone.

Dice: Chop into small pieces.

Fry: This is when food is cooked in hot fat (such as vegetable oil), usually in a pan .

Sauté: This is similar to frying but only using a small amount of fat, butter or oil.

Knead: Using hands to fold and squeeze dough until it is soft.

A pinch: E.g. 'a pinch of salt'; a very small amount that is sprinkled into your food.

Season: This means adding seasoning such as salt, pepper or herbs to enhance the flavour.

Simmer: This is when you turn the temperature of boiling liquid down so that it is just bubbling slightly. It is cooking food in hot liquid which is just below the boiling point.

Sweat: To cook vegetables over a low heat in a small amount of fat, butter or oil until they look transparent or see-through. This helps to release the flavours.

Zest: Eg. 'zest of a lemon'; this is the outer skin of citrus fruits finely grated.

Tbsp: Tablespoon.

Tsp: Teaspoon.



Mixed Bean Chilli

This recipe is a healthy alternative to a meat chilli. It contains different beans which are full of protein, fibre and iron. To make it even healthier add more fresh vegetables such as spinach, sweetcorn, courgettes, and mushrooms.

Serves: 2

Ingredients

1 tablespoon of olive oil or vegetable oil	1 small <i>tin of butter beans</i> , drained
2 cloves garlic, peeled and chopped	1 small <i>tin of chickpeas</i> , drained
1 onion, finely chopped	1 large <i>tin of baked beans</i>
1 carrot, finely chopped	1 red pepper, chopped
1 celery stick, finely chopped	1 teaspoon of chilli powder
½ <i>tin of kidney beans</i> , drained & rinsed	

Method

1. Heat the oil in a large saucepan and gently fry the onion, celery, carrot, pepper and garlic until soft.
2. Add the kidney beans, butter beans, chickpeas, baked beans (in their sauce) and chilli powder to the mixture. You may need to add a little water to stop the mixture sticking. Bring to the boil and simmer over a low heat for about 15 minutes.
3. Serve with rice, tortillas, wedges or baked potatoes.

Evolve

Add browned lean minced meat such as beef, lamb or turkey at the end of stage 1 to make a chilli con carne.

Stuff halved peppers with any left overs, top with cheese and oven bake for 30 mins in a moderately hot oven.

Top Tip: Use any type of beans or tin of mixed, add a tin of tomatoes to make it go further. A good pinch of smoked paprika will give the dish a lovely smokey taste.



Suitable for freezing

Sausage Casserole

This recipe is warm and filling. If you are vegetarian you could try adding meat free sausages. To make this dish even healthier serve with green vegetables such as runner beans, broccoli, spinach or spring cabbage.

Serves: 2

Ingredients

1 <i>tin of mushrooms</i> , drained	4 pork sausages
1 <i>tin of potatoes</i> , drained	2 teaspoons of paprika
1 <i>tin of chopped tomatoes</i>	300ml vegetable stock
1 <i>tin of carrots</i> , drained	(using a low salt stock cube if available)
1 <i>tin of sweetcorn</i> , drained	1 tablespoon of vegetable oil

Method

1. Heat the oil in a large saucepan, fry the mushrooms for 2-3 minutes and sprinkle the paprika over the mushrooms.
2. Add the potatoes, stock and tinned tomatoes and cover and simmer for 20 minutes.
3. While the sauce is cooking grill the sausages until they are cooked.
4. Cut the cooked sausages into chunks and stir into the sauce.
5. Add the tinned carrots, sweetcorn and cook for a further 5 mins.

Evolve

Swap the sausage for chicken thighs or legs, add a teaspoon of dried mixed herbs for a fuller flavour. Top Tip: Dried Herbs and spices last longer when stored out of sunlight.



Suitable for freezing



Basic Tomato Sauce

This is a quick, easy, cheap and healthy sauce that can be used on pasta, pizza or topping for chicken or fish.

Ingredients

- 1 tablespoon vegetable or olive oil
- 1 tablespoon mixed herbs
- 1 small onion, finely chopped
- 2 cloves of garlic, peeled and chopped
- 400g *tin of chopped tomatoes*

*Try this sauce
with meatball
recipe on page 12*

Method

1. Heat the oil in a medium sized saucepan.
2. Add the onion and garlic and fry gently until the onions are soft.
3. Add the tinned tomatoes, mixed herbs and bring to the boil. Simmer for 15 minutes and then remove from the heat.
4. Serve with pasta or use as a pizza topping. Alternatively add more vegetables and blend to make a soup. Enjoy.

Evolve Here are a number of ways you can evolve this dish

- Blitz some roasted red peppers for a tomato and red pepper sauce
- Add pitted sliced olives and capers, a *tin of drained tuna* and a little chilli power
- Add half a tub of soft cheese, a *tin of drained tuna or salmon*
- Or simply add to mixed pasta shapes, sprinkle cheese and bake in a moderate oven for 30 mins



Suitable for freezing

Cottage Pie with Green Lentils

This recipe makes a well-balanced delicious meal and lentils are high in fibre and iron. Adding extra vegetables to the dish will increase the amount of vitamins, minerals and antioxidants helping to keep you healthy. Make a bigger batch of this using a large pack of mince and have the next day, or freeze in batches for another time.

Serves: 2

Ingredients

125g <i>tin of green lentils</i> , drained	125g turkey mince (or lean beef mince)
1 <i>packet of instant mash</i>	2 tablespoons tomato puree
2 carrots, peeled and	Beef stock cube in 500ml of water
or <i>tinned veg such as garden peas</i>)	(using a low salt stock cube if available)
1 onion, chopped	1 tablespoon vegetable oil

Method

1. Set the oven to 180°C/gas mark 4.
2. Heat the oil in a large saucepan; fry the onion and carrots for a few minutes until they are soft. Add the minced turkey (or beef) and fry until it browns.
3. Add the tomato purée and the lentils. (If you are using tinned vegetables you should add them at this point). Pour in the beef stock mixture, simmer for about 20 minutes.
4. In the meantime make the mash following the instructions on the packet.
5. Put the mince mixture into an ovenproof dish. Add the mash on top and use a fork to make a crimped effect. Bake for 20-25 minutes on the middle shelf of the oven until the mash is browned slightly. You can place under the grill for a few minutes to brown it more if required.
6. Serve with a portion of of vegetables such as green beans, sweetcorn, broccoli or cabbage.



Suitable for freezing





Chilli Stuffed Sweet Potato

This recipe combines sweet and savoury flavours. It doesn't cost the earth and is packed with goodness too. Sweet potatoes are packed with dietary fibre, vitamin A, vitamin C, iron, calcium and other good stuff.

Serves: 2

Ingredients

250g minced turkey
or lean minced beef

2 sweet potatoes

1 *tin of chopped tomatoes*

1 *tin of kidney beans*, drained

1 tablespoon of chilli powder

½ teaspoon ground black pepper

1 onion, chopped

1 tablespoon of vegetable oil

Feta cheese (optional)

Method

1. Pierce the sweet potatoes with a fork and bake them until soft.
2. Place a pan on a medium heat and add the oil. Add the chopped onion and gently fry until soft.
3. Add the minced turkey or beef and fry until brown. Add the beans, tomatoes, chilli powder and the pepper. Stir and then simmer for about 20 minutes.
3. Once the potatoes are cooked remove them from the oven and cut them in half. Add the chilli mixture on to the potatoes.
4. Add some sliced Feta cheese on top of the chilli (optional).



Spicy Meatballs

These delicious meatballs go nicely with rice or pitta bread. You can try this recipe using different types of meat such as beef and pork.

Serves: 2

Ingredients

250g minced turkey (or lean minced beef or lamb)	1 teaspoon of vegetable oil or olive oil
2 garlic cloves, peeled and chopped	1 teaspoon of cumin seeds
1 onion, finely chopped	1 teaspoon of garam masala or dried herbs
1 teaspoon of garam masala	1 teaspoon of grated fresh root ginger
½ teaspoon of ground black pepper	1 tin of chopped tomatoes
½ teaspoon of ground turmeric	

Method

1. In a bowl combine the minced meat, garlic, half the onion, the garam masala and the black pepper. Divide the meat mixture into about 15 equal portions and roll each portion into a ball.
2. Put the meatballs on a baking tray in a preheated oven 180°C gas mark 4 until they have browned all over.
3. Heat the oil in a medium sauce pan and add the cumin seeds and remaining onion and sauté until the onions have softened. Add the ginger and sauté for a further 1 minute. Stir in tomatoes and the turmeric.
4. Bring to the boil, reduce the heat and cover and simmer for about 10 minutes. Add the meatballs and simmer for another 20 minutes or until the meatballs are cooked. Serve with rice or pasta.



Suitable for freezing





Tuna and Butter Bean Pasta

This dish is a filling and healthy meal. Try adding more vegetables such as spinach, peppers or green beans. Once you've mastered this dish, try using a tin of tomatoes and some fresh basil instead of the jar of sauce.

Serves: 2

Ingredients

1 small *tin of butter beans*

1 *tin of tuna*, drained

150g *pasta*

Jar of pasta sauce with basil

1 red onion, finely chopped

1 garlic clove, peeled and chopped

1 tablespoon of olive oil

Method

1. Heat the olive oil in a large non-stick frying pan. Add the onion and garlic and cook until soft and slightly golden.
2. Stir in the butter beans and pasta sauce with basil and cook for 5 minutes.
3. Add the tuna and simmer for 2-3 minutes.
4. Cook the pasta following the instructions on the packet, drain and add to the sauce, serve with a portion of salad and some crusty bread. Delicious eaten cold too.

Evolve

Add olives, a sliced red pepper or a chopped hard boiled egg. Adding splash of balsamic viniger gives great flavour.



Falafel

Falafel is a traditional Middle Eastern food made from chickpeas. Serve with couscous, rice, pasta or wholemeal pitta and green salad.

Serves: 2

Ingredients

400g *tin of chickpeas*
2 slices of bread (grated into crumbs)
1 teaspoon of baking powder
1 teaspoon of cumin seeds
2 garlic cloves, peeled and crushed
The juice of ½ lemon

Method

1. Preheat the oven to 180°C/gas 4.
2. Drain the chickpeas and place in a food processor with the bread crumbs, baking powder, cumin, garlic and lemon juice. Blitz until finely chopped but not pureed. If you do not have a food processor you can use a potato masher but this will take a bit longer.
3. Shape the mixture into small balls (about 10-12). Place on a baking tray and cook for 20 minutes in the oven until golden brown.



Healthy Eating On A Budget



What is Healthy Eating?

Healthy eating is about eating a varied diet which contains lots of fruit and vegetables, as well as the right balance of foods from each food group. The eat well plate (page 19) shows the five main food groups and the amounts of foods that we should try and eat from each, in order for us to get all the nutrients that our bodies need. The plate applies to everyone, except for children under the age of two years. (If you have particular dietary needs or medical conditions you should check with your GP for dietary advice).

The five main groups are:

- Starchy foods such as bread, rice, potatoes, pasta and cereals
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish, eggs, beans (and other non-dairy protein sources)
- Foods and drinks high in fat and/or sugar

Based on the food groups we should try to:

- Eat starchy foods such as rice, potatoes and pasta with every meal. These foods are the main source of energy for our bodies. They also contain lots of other good things such as fibre, iron and B vitamins. Try to eat whole grain varieties where possible as these contain more fibre, vitamins and minerals.
- Eat a variety of fruit and vegetables to get all the vitamins and minerals and disease-fighting antioxidants that our body needs. Try to eat five or more portions each day. A portion is about a handful and can include fresh fruit and vegetables, tinned, dried or frozen.
- Have some milk and dairy products each day, they contain lots of calcium, protein and other vitamins.
- Have some protein foods every day. Protein is for growth and repair but these foods also contain other vitamins and minerals too.
- Try to cut down on foods and drinks high in fat and/or sugar. These types of foods can also often be high in salt which increases our risk of heart attack and strokes.

How to Eat a Healthy Balanced Diet on a Budget

- Buy supermarket own brand products, they are often cheaper but still good quality. You may also find that buying grains in bulk such as rice is less costly.
- Cook the right portion sizes. We can often put too much rice or pasta in the pan and then it can go to waste. Rice and pasta expand when cooked so you do not need as much as you think. A portion of rice (dry) is 75g for an adult. A portion of pasta (e.g. spiral pasta) would also be 75g for an adult.
- Eat fruit and vegetables based on the seasons. Fruit and vegetables are often much cheaper when they are in season (see the seasons calendar).
- Buy frozen vegetables (e.g. sweetcorn, peas, spanish etc). Frozen vegetables are just as good as fresh but they are much cheaper, and especially if you buy the supermarkets own brands. They also last longer whilst still keeping their nutritional value.
- Eat more pulses such as lentils, beans and peas as a source of protein instead of lots of meat. These foods are much cheaper than meat, and are full of fibre and protein.
- Buy frozen fish. We should try and eat two portions of fish each week, one of those being oily (e.g. salmon, mackerel, sardines) but fresh fish in supermarkets can often be expensive. Your local fishmongers will have a variety of fish and are often willing to negotiate on price.
- Visit the supermarket in the evening and you will often find that they have reduced the price of certain foods such as meat, fish and bread. Always check the 'use by date'. If it is to be used on the same day you could freeze it for another day, but it must be used on the day it has been defrosted.



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Fruit and Vegetable Seasons

January

Carrots, kale, savoy cabbage, spring greens, leeks and cauliflower.

February

Carrots, kale, savoy cabbage, spring greens, leeks and cauliflower.

March

Savoy cabbage, spring greens, leeks, cauliflower and kale.

April

Spring greens, cauliflower, kale, peas and cucumber.

May

Rhubarb, asparagus, spinach and cucumber.

June

Strawberries, peas, broad beans, rhubarb, courgette, asparagus, spinach, cucumber and carrots.

July

Cherries, curly lettuce, bramley apples, celery, cauliflower, rhubarb, spinach, courgette and strawberries.

August

Raspberries, plums, blueberries, celery, bramley apples, curly lettuce and iceberg lettuce.

September

Runner beans, blackberries, courgettes, red cabbage, marrow, blueberries, plums, spinach, squash and carrots.

October

Cox apples, white cabbage, red cabbage, squash, kale, savoy cabbage, blackberries, pears and runner beans.

November

Cauliflower, potatoes, red cabbage, white cabbage, savoy cabbage, kale and leeks.

December

Sprouts, white cabbage, savoy cabbage, spring greens and potatoes.

Turkey Curry

This is a twist on chicken curry but instead uses turkey which can often be cheaper. Different herbs and spices have lots of health properties and root ginger is great for settling an upset stomach. To make this dish even healthier, add more vegetables such as green beans, broccoli, peas, mushrooms, cauliflower or chick peas. You can swap turkey for chicken, pork, lamb or beef. For veggie option omit the meat and use sweet potato instead

Serves: 2

Ingredients

1 tablespoon of vegetable oil	250g turkey breast, cubed
1 onion, chopped	1 <i>tin of chopped tomatoes</i>
2 cloves garlic, peeled and chopped	Small pot of plain yoghurt
1 piece (2cm) root ginger, peeled and chopped	Rice
2 tablespoons of medium curry powder	

Method

1. Add the oil to a large saucepan or frying pan and add the onion, garlic, ginger and curry powder. Gently fry for 5 minutes.
2. Add the cubed turkey and fry for 5 minutes or until the meat turns white. Then add the tomatoes. Cover and simmer for about 30 minutes stirring occasionally.
3. Once done, mix in some plain yoghurt. Serve with rice or naan bread and enjoy.



Suitable for freezing



Fish Cakes

These fish cakes can be made using fresh potatoes or tinned potatoes, and both versions taste just as good. To make these vegetarian swap tuna/salmon for 100g of grated, strong cheddar cheese.

Serves: 2

Ingredients

1 <i>tin of tuna fish or salmon</i> , drained	3 spring onions, sliced
450g fresh potatoes (or <i>tinned potatoes</i>)	1 egg beaten
1 tablespoon of dried parsley (or fresh)	Black pepper
Bread crumbs	Half teaspoon of chilli powder
(or crushed cream crackers or corn flakes)	

Method

1. Boil the potatoes until soft and then mash them. Alternatively if you are using tinned potatoes drain the tinned potatoes and mash them until soft (do not cook these at this point).
2. Mix together the mash potatoes, tuna, spring onion and parsley. Then add a pinch of pepper and the chilli powder.
3. Add the egg and mix together.
4. Mould the mixture into about 6 small balls and flatten to make the fishcake shapes.
5. Roll the fish cakes in the bread crumbs.
6. Place the fish cakes in an oven on a baking tray for about 30 minutes (gas mark 5, 425F, 210°C). Alternatively fry the fish cakes for about 10 minutes turning them frequently.
7. Once cooked serve with salad or vegetables and enjoy.



Suitable for freezing



Red Lentil & Vegetable Curry

This is a great alternative to a meat curry. It is filling and packed with goodness. Add leaf over vegetables to this to make it even healthier and tastier.

Serves: 2

Ingredients

1 tablespoon of olive oil	120g red lentils (rinsed)
½ onion, finely chopped	½ teaspoon of chilli powder
1 garlic clove, peeled and chopped	1 pint low salt vegetable stock
1 teaspoon of turmeric	2 cauliflower florets
1 teaspoon of medium curry powder	500g potatoes, peeled and chopped into chunks

Method

1. Heat the oil in a large saucepan and fry the onions until soft.
2. Add the garlic, turmeric, curry powder and chilli powder and give it a stir. Add the lentils and most of the stock and bring to the boil.
3. Add the cauliflower and potatoes cover and simmer for about 20-30 minutes or until lentils are cooked. Add more of the stock if it is drying out.
4. Serve in bowls with salad and yoghurt.

Evolve

Add chicken strips, or turkey with the lentils for variety.



Suitable for freezing





Did You Know...

Used by and best before dates have very different meanings. Use by dates refer to food safety. When a use by date has passed, food should not be eaten. Best before dates are based on quality, food is still safe to eat but won't be at its optimum quality. The only exception is eggs, always eat eggs before the best before date.

Spicy Carrot and Lentil Soup

This is a delicious soup which has just the right amount of spice. You can make it more filling by adding other ingredients such as potatoes....or try sweet potatoes. Adding left over vegetables is a good way to add flavour.

Serves: 2

Ingredients

1 tablespoon of vegetable oil	½ teaspoon of ground cumin
1 onion, finely chopped	½ teaspoon of ground coriander
2 carrots, peeled and grated (coarsely)	568ml (1 pint) of low salt vegetable stock
2 sticks of celery, chopped	Black pepper
40g split red lentils	Squeeze of lemon juice

Method

1. Heat oil in a saucepan. Add the onion and celery and fry until soft.
2. Add the carrot, lentils, cumin and coriander and stir. Then add the vegetable stock and some black pepper.
3. Partly cover and bring to the boil, then simmer gently for about 15-20 minutes until the carrots and lentils are soft. At this point you could blend to make a smoother soup.
4. Serve with crusty bread and enjoy.

Evolve

Add some cooked chicken towards the end of cooking time for extra protein (if you do add cooked meat, do eat immediately, do not freeze-cooked meats can only be reheated once)



Suitable for freezing



Leek and Potato Soup

This soup is simple and tasty. Make a big pot of this soup and freeze in smaller batches.

Serves: 2

Ingredients

1 tablespoon of olive oil	2 cloves garlic
1 carrot	2 medium potatoes
1 stick of celery	2 low salt vegetable or chicken stock cubes
1 medium onion	Ground black pepper
1 small leek	

Method

1. Peel and slice the carrot. Slice the celery. Peel and chop the onion into small pieces.
2. Wash the leek thoroughly and cut the ends off and cut into round slices. Peel and chop the garlic cloves.
3. Add the oil to a saucepan (on a medium heat). Add all the chopped vegetables and mix together. Sweat the vegetables for about 10 minutes.
4. Peel the potatoes and cut them into small chunks.
5. Put the stock cubes into a jug with about 1.5 litres of boiling water. Stir until the stock cubes have dissolved. Add the stock to the sauce pan with the vegetables.
6. Add the potatoes. Bring to the boil and simmer until the potatoes are soft.
7. Reduce the heat and simmer for about 10 minutes and season with pepper.
8. Once the soup is cooked serve or blend until smooth.
9. Serve with crusty bread and enjoy.

Evolve

Add some extra flavour with left over bacon or ham. To make a hearty stew add some chicken, pork or turkey at stage 5.



Suitable for freezing

Vegetable Risotto

Risotto is a very versatile dish. You can experiment and add different vegetables or meat. You can use whatever left over vegetables you have in this great dish.

Serves: 2

Ingredients

1 ½ pints of vegetable stock (using a low salt stock cube if available)	250g of Arborio (risotto) <i>rice</i>
1 tablespoon of vegetable oil	1 small <i>tin of peas</i> , drained
1 small onion, chopped	1 carrot peeled and chopped into small pieces
2 cloves of garlic, peeled and chopped	1 <i>tin of chopped tomatoes</i>
50g Parmesan cheese or cheddar finely grated	

Method

1. Heat the oil in a large saucepan and gently fry the onion and garlic for about 5 minutes. Add the chopped carrot and fry for a further 5 minutes until the carrot softens.
2. Add the rice to the pan and add half of the stock. Keep stirring until the rice has absorbed some of the liquid. Add the tin of tomatoes.
3. Keep adding the rest of the stock bit by bit, keep stirring slowly. Let the rice absorb most of the stock before adding more liquid. (Don't let the liquid completely dry out).
4. After about 20 minutes add the tin of peas.
5. Stir in the cheese. The risotto should have a creamy consistency but the rice should be slightly firm inside.

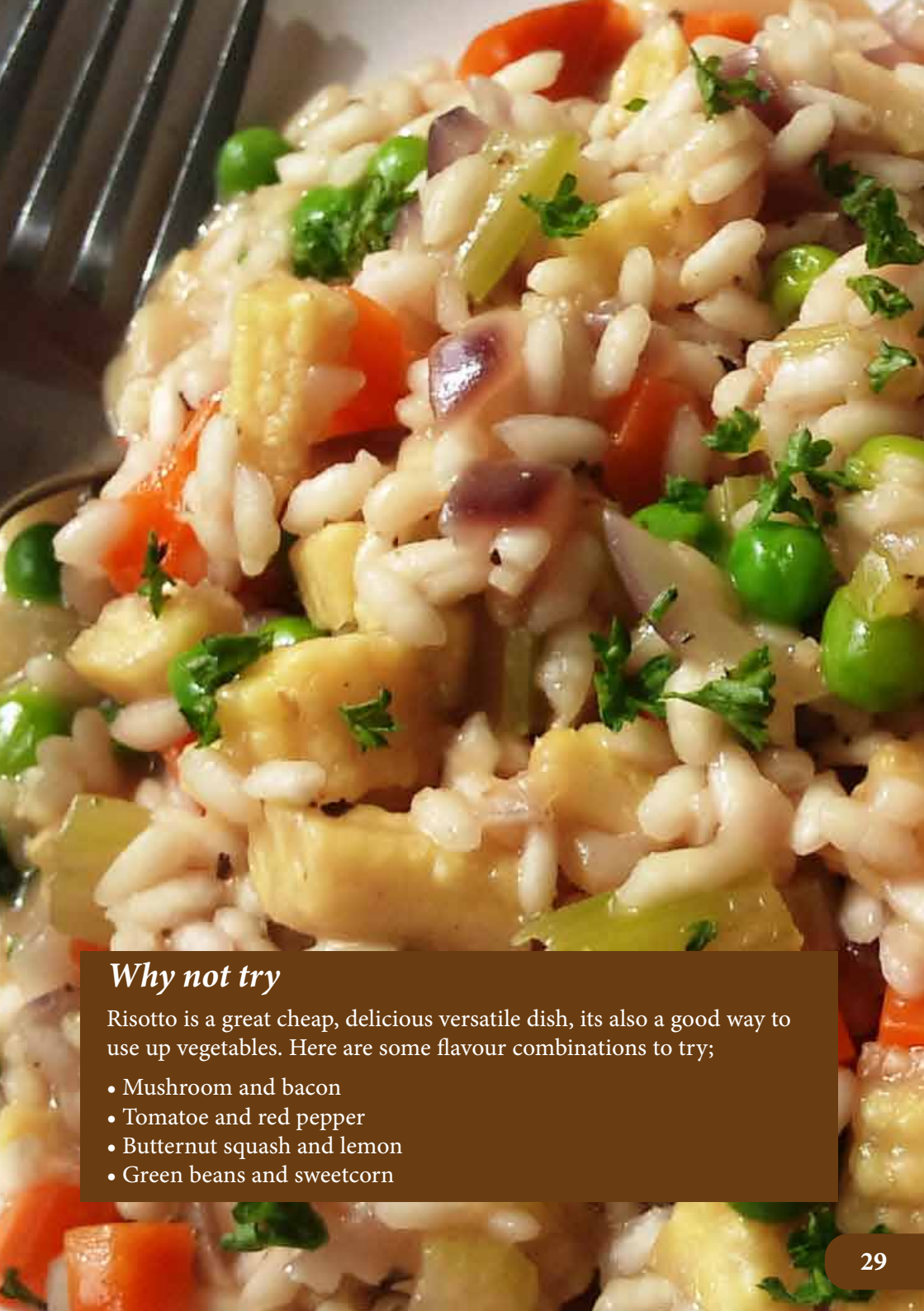
Evolve

Any left over risotto can be used as a filling for peppers or scooped out beef tomatoes and baked in a moderate oven for 30-40 mins.



Suitable for freezing

This can be frozen, however care must be taken with rice, always cool rice down quickly and store in fridge or freeze. Do not reheat rice more than once, always eat rice within 48 hours of cooking unless it's been frozen, in which case, defrost in a fridge and use that day.



Why not try

Risotto is a great cheap, delicious versatile dish, its also a good way to use up vegetables. Here are some flavour combinations to try;

- Mushroom and bacon
- Tomatoe and red pepper
- Butternut squash and lemon
- Green beans and sweetcorn

Potato Wedges

Ingredients

2 large baking potatoes
2 tablespoons of olive oil
1 tablespoon of mixed herbs

Method

1. Pre-heat the oven to 200°C / Gas Mark 6.
2. Peel and cut the potatoes lengthwise into wedges.
3. Place the chopped potatoes into a bowl and add the oil and mixed herb-sand mix together.
4. Place the potatoes in the oven on a baking tray and cook until golden brown and cooked all the way through (about 30-40 minutes).

Sweet Potato Wedges

Ingredients

2 large sweet potatoes	1 teaspoon of ground cumin
2 tablespoons of olive oil	1 teaspoon of ground cinnamon
1 teaspoon of cayenne pepper	

Method

1. Pre-heat the oven to 200°C / Gas Mark 6.
2. Peel and cut the potatoes lengthwise into wedges.
3. Place the chopped potatoes into a bowl and add the oil and spices and mix.
4. Place the potatoes in the oven on a baking tray and cook until soft (20-30 minutes).

Top Tip

Wedges are healthier alternative chips, always measure the oil to avoid unnecessary calories. Why not add roughly chooped carrots, parsnips, beetroot, onions, cauliflower for a super mix of flavours.



Kitchen Cupboard Essentials

- Dried mixed herbs – Can be used to flavour many savoury dishes.
- Chilli powder – Use to add a ‘hot’ spicy flavour. It is available in mild, medium or hot.
- Cumin – Add to spicy foods e.g. Indian or Mexican.
- Low salt stock powder/cubes – Can be used to flavour dishes such as soups.
- Onions and garlic – A base ingredients for many dishes – gently fry in olive oil to cook.
- **Tinned tomatoes** – Can be used to make many sauces e.g. bolognese, chilli, curry – buy supermarkets own brands as they are cheaper.
- **Tinned beans** (E.g. red kidney beans) – A good source of protein. Add to chilies, soup and stews.
- **Tinned or packet lentils** (green and red) – A good source of protein. Add to soups, curries and pasta sauces.
- **Tinned vegetables** – Can be added to many recipes.
- **Rice** – Whole grain is the healthiest. Can be used to accompany many savoury dishes such as curries and chillies.
- **Pasta** – Serve with tomato sauce, and in dishes such as Bolognese, lasagne and salads. Very good for quick and simple meals.
- Cous cous – Use to make salads or mix with fresh vegetables, cooked lentils or tinned fish.
- **Oats** – Use to make crumble topping, flapjacks or porridge – a great healthy breakfast.
- **Flour** – A baking essential, can be used to thicken sauces and as a coating.
- Lemon Juice – Try adding lemon juice instead of unnecessary salt.
- Marmite– Packed with B vitamins, great in stews, bolognaise sauces and currys.
- Soy Sauce– Add to stir fry’s as seasoning or use as marmite in stews.
- Oil– Use a little to fry, stir fry or saute. An essential ingredient in salad dressings.
- Smoked Paprika– Adds a lovely smokey flavour
- Gound Cumin, Coriander, Garam Masala– Beautiful spices, often used in curries and soups, great for adding to roast veggie/wedges.

Love Your Food, Save Money & Minimize Waste

Here are a few tips on food storage and shopping, that will not only save you money but will help save our planet too.

Did you know that the average family throws almost £60 worth of edible food monthly?

1. Plan your meals for the week. Always make a shopping list, check your cupboards and fridge/freezer before writing your list, see Kitchen Cupboard Essentials on page 32. These staples can be made into a variety of dishes or added to evolve leftovers.
2. Check use by and best before dates, rotate, place short dated items to the front of shelves and use first.
3. Get into the habit of freezing as much as you can when you've done a shop, that way things are more likely to last and be used instead of going out of date in the fridge. Did you know you can freeze food right up to the use by date?
4. Save money by buying seasonally, shopping at your local market, buying supermarket own brands and looking for in world isles and shops as often items are cheaper ie. dried beans/lentils, tomatoes, sauces and rice/noodles.
5. Look for costly reduced items such as meat and fish and freeze.
6. Cook large batches and freeze, always label to avoid confusion.
7. Dairy items freeze well, you can freeze milk, cheese, (grated is handy). Yoghurt makes a healthy alternative to ice cream or can be used in smoothies (freeze in small containers).
8. Control your portions, we often make too much, freeze down (single portions are great for a quick lunch).
9. Store fruit and vegetables in the fridge to keep fresher longer (exceptions are bananas, pineapple, potatoes and onions)
10. Use tired veggies in stir fry's or risottos.
11. Over ripe fruits are great to sweeten smoothies, cereals and porridge, even curries. Stew in a little water and sugar and have fillings for crumbles, pies and ice cream toppings.

Mushroom Omelette

This is a versatile recipe and you could try adding other vegetables such as courgettes or spinach. Have this for lunch, dinner or breakfast. You can also add cooked vegetables, such as potatoes, peas, roasted peppers, sweetcorn, courgettes or fresh spinach leaves.

Serves: 2

Ingredients

1 tablespoon of vegetable oil
1 onion, chopped
2 tomatoes, sliced
Approximately 10 mushrooms (fresh or *tinned*) chopped and sliced
4 eggs
Ground black pepper

Method

1. Beat the eggs in a bowl or jug. Add a pinch or ground black pepper to the mixture and stir in.
2. Heat the oil in a large pan and then add the onion and mushrooms. Cook for a few minutes until the onions are soft.
3. Pour the egg mixture over the vegetables and cook for about 3 minutes until the egg looks firmer.
4. Carefully turn the omelette over with a spatula and add the sliced tomatoes, cook for another 2 minutes.
5. Serve with crunchy salad, enjoy.

Evolve

Add grated cheese or crumbled cheese for extra flavour



Chickpea Curry

Chickpeas are a good source of protein and fibre. You could also add more vegetables to this dish. This makes a great alternative to a meat curry and costs less.

Serves: 2

Ingredients

1 tablespoon of vegetable oil	1 teaspoon of turmeric
1 <i>tin of chopped tomatoes</i>	1 teaspoon of garam masala
1 <i>tin of chickpeas</i>	1 teaspoon of chilli powder
1 green chilli, deseeded and chopped	Fresh coriander chopped
½ onion, chopped	
2 cloves of garlic, peeled and chopped	

Method

1. Heat the oil in a large sauce pan. Add the garlic and onion and fry for a until the onion is soft.
2. Add the tomatoes, all the spices and the chilli and cook for approximately 10 minutes.
3. Add the chickpeas and cook for another 10 minutes.
4. Add water to the sauce and add the chopped coriander and cook for another few minutes.
5. Serve with rice or naan and yoghurt.



Fruit Crumble

Crumbles make a delicious dessert. This crumble includes oats which contain B vitamins and fibre and may also help lower cholesterol. Oats are fairly cheap to buy and can be used in many dishes. Try different fruits such as plum and pear or apple and blackberry.

Ingredients

2 large eating apples	40g butter or baking spread
100g frozen fruit	75g wholemeal self-raising flour
(such as raspberries) (or <i>tinned fruit</i>)	40g <i>sugar</i>
1 tablespoon of water	50g <i>oats</i>

Method

1. Heat the oven to 180°C/gas mark 4.
2. Peel, core and slice the apples and mix with the frozen fruit or tinned fruit.
3. Place the apples and frozen fruit in an oven proof dish and sprinkle with a tablespoon of water.
4. Rub the baking spread or butter into the flour using fingers until it looks like bread crumbs. Mix in the sugar and the oats. Sprinkle on top of the fruit mixture and press with a fork.
5. Bake for approximately 30 minutes until golden brown.
6. Serve with ice cream or custard and enjoy.

Evolve

If you omit the oats from the crumble mix and add a little water, you can make a sweet pastry to make apple pies etc. If you omit the sugar and the oats it makes a savory pastry for any pies and quiches.

Top Tip

Try adding over ripe bananas to the fruit mix for an exotic twist. Any ripe fruits can be peeled, cored or destonned and stewed with a little water and sugar to taste, then frozen. Defrost and heat though, fabulous added to porridge.



Victoria sponge

It's always good to know how to make a Victoria sponge for birthdays, other occasions or just as a sweet treat.

Makes: 12 slices

Ingredients

4 large eggs	225g butter or baking spread
225g <i>sugar</i>	Jam (optional)
225g self-raising flour	Icing sugar (optional)
2 level teaspoons of baking powder	

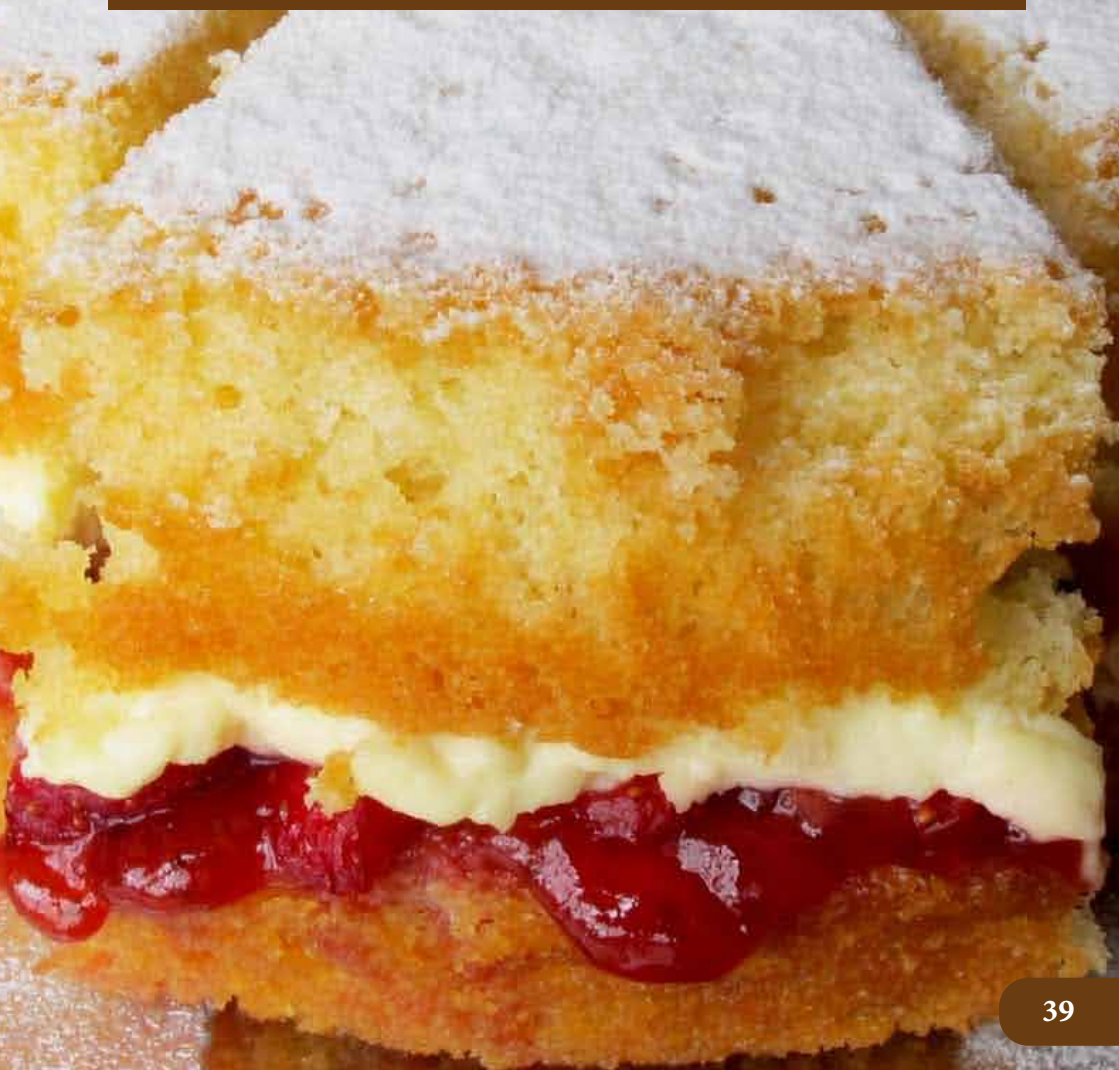
Method

1. Preheat the oven to 180°C (350F/Gas 4).
2. Grease two cake tins (18cm/7in) with a little bit of butter or baking spread.
3. Break the eggs into a bowl, and add the sugar, flour, baking powder and soft butter (or baking spread).
4. Mix everything together with a wooden spoon until thoroughly blended and smooth.
5. Divide the mixture between the two tins, place the tins in the oven and bake for about 25 minutes.
6. You will know that the cakes are ready when they're golden brown and the cakes are coming away from the edge of the tins. Take them out of the oven and leave to cool for about 5-10 minutes.
7. When they have cooled run a flat knife around the edge of the tins and carefully tip the cakes out onto a cooling rack. Leave to cool completely.
8. Once completely cooled, place one of the cakes upside down and spread it with jam. Put the other cake on top of this (top side up).
9. Sprinkle with icing sugar (optional).
10. Cut into slices and enjoy.

Evolve

This cake mix can also be used to make buns, just spoon into bun cases and bake for 15 mins. For an extra treat add some dried fruits, chocolate chips, or rainbow sprinkles into the mixture before blending stage 4.

To make a lemon drizzle halve the recipe and only use one cake tin, add the zest of one lemon and the juice at stage 4. Follow stages 5,6,7. Whilst cooling make a syrup of equal amounts of lemon juice and sugar in a small sauce pan (take care, sugar burns easily). Pour syrup over the cake and allow to cool and soak in before serving



Spicy Banana Bread

Bananas are a good source of vitamin C, potassium and fibre. You can use overripe bananas for this recipe so that they don't go to waste. You could also use less sugar as the mixed spice already gives this recipe a delicious flavour. This bread could be eaten as a snack or at breakfast time.

Ingredients

3 ripe bananas, mashed	1 teaspoon of vanilla essence
2 medium eggs, beaten	150g self raising flour
1 teaspoon of baking powder	40g <i>sugar</i>
3 teaspoons of mixed spice	100g <i>oats</i>

Method

1. Pre-heat the oven to 190°C (gas 5).
2. Mix the egg, spices and bananas together in a large bowl with the baking powder.
3. Add the flour, oats, sugar and vanilla essence to the mixture and stir in.
4. Grease a baking tin (e.g. 24cm loaf tin). Pour the mixture into the tin. Even out the mixture in the tin.
5. Bake in the centre of the oven for about 35-40 minutes. Once baked, allow the bread to cool.
6. Store in a plastic container for a couple of days (the taste will improve) or serve immediately, enjoy.



Useful Directory

East Leeds Food bank

0752 306 0367

Zest Health for Life, Leeds

Health and wellbeing organisation based in Leeds 0113 240 6677

Ministry of Food, Leeds

Cooking skills centre based in Leeds Kirkgate market 0113 242 5685 run 8 week cookery school for all abilities.

Welfare Rights Unit

0113 240 3215

Leeds Citizens Advice Bureau

0113 223 4400

Wrap Up Leeds ECO

Schemes to help with household fuel bills 0113 395 0757

Green Doctor Groundwork

Service to help you save money on household fuel bills 0113 238 0601

Feed Leeds

www.feedleeds.org

Leeds Kirkgate Market

friendsofkirkgatemarket@gmail.com

Love Food Hate Waste

www.lovefoodhatewaste.com

Acknowledgements

Zest Health for Life would like to thank the following people for their involvement in the production of this recipe book:

Hammerson for funding the project. Hammerson is the owner of Victoria Quarter and developer of Victoria Gate.

Simon Chappelow at Ministry of Food Leeds for support with the recipe development/design and testing.

Rosie Cook at East Leeds Foodbank for support and recipe testing.

Karen Rangeley for the photographs on pages: 02, 03, 04, 05, 08, 09, 10, 11, 13, 16, 24, 25, 30, 31, 32 and 33 www.karenrangeley.tumblr.com

Design & Print by LS1 Print www.ls1print.co.uk

Cooking on a shoe string

Food doesn't come cheap these days, and that's exactly why we wanted to create this book. This book contains a collection of healthy recipes which are straightforward to make, taste good and use ingredients that won't break the bank. The recipes use a combination of foods that may be provided at food banks and other ingredients that can be purchased cheaply. The book also includes information around healthy eating and the odd food budgeting tip.