



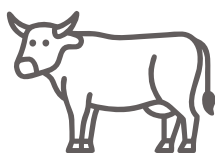
RECIPES



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Try it and see!

Please enjoy trying these recipes! They are all quick and easy to make, and you can adapt them and experiment to suit your own tastes.

We would love to hear from you if you try out any of these recipes.

Perhaps you have your own recipe to share? Please email:

jubileefoodbankmh@gmail.com to let us know how you got on or give us some improvements!



Homemade Pea Soup



Serves 2 people

Cooking time approx. 15 minutes

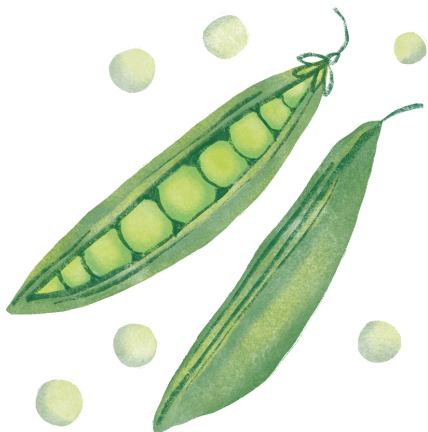
Ingredients

Tin of peas (not mushy)
1 onion, chopped
Salt and pepper to taste
1 tbsp cooking oil
Juice of half a lemon or 2 tsps
Jif lemon juice

Bread to serve

Directions

- Fry the finely chopped onion in the vegetable oil until soft (but not crisp)
- Add the tin of peas in their water, lemon juice, and seasoning to taste
- If adding lettuce, add at the same time
- Simmer for about 10 minutes
- Remove from heat, and squash with a fork or spoon, or blender if you have one
- If it is too thick, add milk until you get the thickness you want
- Return to heat for one minute
- Serve with grated cheese sprinkled over each bowl and /or yoghurt if wanted, and bread





Indian Curry



Serves: 2 or 3
(Double tins for 4 or 5)
Cooking time approx. 25 minutes

Ingredients

Jar of curry sauce
Tinned chickpeas, lentils and/or
beans
Tinned vegetables
Rice

Optional:

Onion, chopped
Ginger, grated or chopped finely
Add cooked meat of choice
Tinned potatoes
Lentils
Indian spices such as: garam
masala, curry powder,
turmeric, chili, coriander, cumin
Tinned tomatoes

Directions

Cook the rice according to the instructions on the packet.

Option 1: If using an onion, fry first for 5 minutes over a low heat.

Option 2: If using spices, fry on a low heat for 30 seconds.

Option 3: If using tinned tomatoes, simmer in a pan for 8 minutes on a medium heat until the liquid has reduced.

Add all the ingredients you have chosen to a large pan and cook on a medium heat until it is bubbling and hot (about 8 minutes).

Important: If you do use any cooked meat, make sure you fry it first and it is completely cooked inside before adding to the rest of the curry mixture.





Herby Roast Potatoes And Baked Eggs



Serves 2

Cooking time about 30 minutes

Ingredients

Tin of new potatoes

Tinned vegetables (e.g

peas, carrots, sweetcorn,
tomatoes to taste)

2 eggs

2 tbsp vegetable oil

4 sprigs of rosemary or

other herbs to taste (dried or
fresh)

Directions

- Slice the potatoes into 1cm thick rounds (about the thickness of two £1 coins)

- Spread 1 tbsp of the oil over the base of a baking tin or dish · Arrange the sliced potatoes evenly over the tin/dish

- Sprinkle over the chopped rosemary or dried herbs of your choice

- Spread the remaining 1 tbsp oil over the herbs and potatoes

- Bake in the oven for 15 to 20 minutes until golden and beginning to crisp

- Lower the oven temperature to 150C, and break the eggs on the top of the potatoes

- Bake until the eggs are how you like them, depending on if you like the yolks fairly runny or firm. This should take between 5 and 10 minutes.

- Serve with any vegetables you like (tinned or fresh)





Vegetable Chilli And Rice



Serves: 2 to 3 people

Preparation time 15 minutes; cooking time 25 minutes

Ingredients

1 tbsp vegetable oil
1 onion (peeled and chopped)
1 tin or 2 peeled carrots
2 tins of beans (red kidney beans, chickpeas, mixed beans, borlotti beans, any combination of the above)
1 tin tomatoes
Chilli powder, (or 2 fresh red chillies if available)
Vegetable stock
Rice (any sort)

Directions

- Heat vegetable oil in saucepan
- Add finely chopped onion and cook until soft
- Chop carrots into bite size pieces and add, cooking for 3 or 4 minutes
- Add chilli powder to taste and cook for 1 minute, stirring to coat the vegetables
- (At this point, add any other vegetables you like, continuing to stir)
- Drain and rinse the beans, then add to the pan
- Add the tin of tomatoes
- Add vegetable stock to the desired consistency
- Simmer in the saucepan for 25 minutes, until the vegetables are cooked.
- Meanwhile cook the rice according to the instructions on the packet (or warm the tacos, naan or pitta bread if using instead)





Bolognese - Vegetarian version



Serves 2 or 3 (For 4 or 5 with double the number of tins)

About 20 minutes (30 minutes if using dried lentils)

Ingredients

Tin of Lentils

Tin of Tomatoes

Tinned vegetables of any sort including beans.

Pasta (dry)

1 tbsp vegetable oil

1 onion, peeled and chopped

Optional extras

Garlic

Herbs such as basil,
rosemary, oregano and
parsley

Directions

- Use a large saucepan or wok.
- Optional: fry chopped onion with a little oil on a low heat for 4 minutes until the onion is soft (not crispy)
- Optional: Add chopped or crushed garlic and fry on a low heat for 30 seconds
- Put chopped tomatoes in the pan, bring to the heat and cook down for 8 minutes.
- Add the tinned lentils, vegetables and any herbs and simmer on a low heat while boiling the pasta
- Note: if using dried lentils, they will need to simmer for about 20 minutes, and you will need to add at least one tin of water and check if they need more water.
- Boil a full kettle
- Add the boiling water to a different pan
- Add the pasta (Check packet for quantity per person)
- Boil for the recommended time (Usually 11 minutes)
- Drain the water from the pasta
- Add the Bolognese to the pasta and enjoy.





Spaghetti with vegetable sauce



Cooking time: approximately 10 minutes.

Spaghetti or other pasta - 8 to 10 minutes in boiling water

Sauce – 4 to 5 minutes on gentle heat

Ingredients

(500 gm) Jar of chunky vegetable pasta sauce (or any other sort of pasta sauce)

Tin of chickpeas (or other type of beans)

Tin of peas

Spaghetti (or any other pasta)

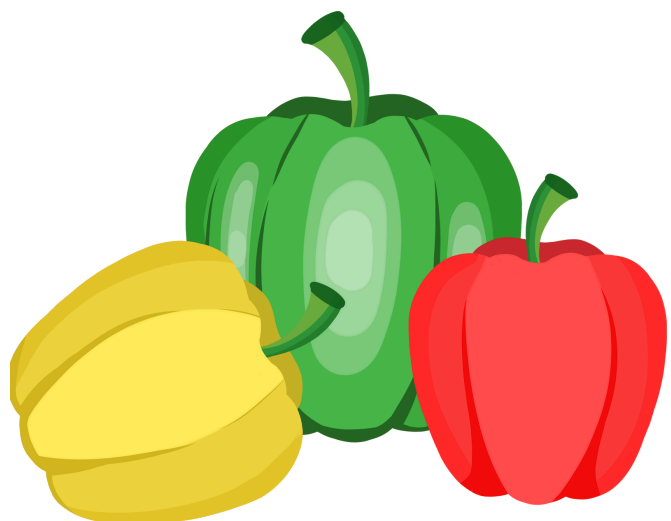
Optional extras

Garlic

Herbs such as basil, rosemary, oregano and parsley

Directions

- Heat a large pan of water (1 litre of water to 170gm pasta) to a rolling boil, add salt to taste
- Add pasta, and stir occasionally
- Heat the jar of pasta sauce in a saucepan for 4 to 5 minutes, adding chickpeas and green peas to the sauce
- When pasta is cooked, remove from heat and drain immediately
- Serve the pasta with the sauce and add grated cheese to taste





Mexican Bean Soup



Serves 3-4 people

Cooking time: About 20 minutes (30 minutes if using dried lentils)

Ingredients

1 x tin of chopped tomatoes
1 x tin of black beans
(or other beans)
1 onion, peeled and chopped
2 teaspoons curry powder
1 stock cube
half a can of water

Optional extras

1 red pepper
1 garlic clove finely chopped
2 tsp chili powder

Directions

- Use a large saucepan or wok.
- Heat oil in a pan. Gently fry onion (and red pepper if used) until soft (approx. 10 minutes)
- Add curry powder (and chilli powder if used) and cook for 1 minute.
- Add tomatoes and beans with their liquid, and half a can of water and the stock cube.
- Cover and simmer over a low-ish heat for 15 minutes.
- Serve with bread, toast, naan etc.





Butter Bean Stew



Serves 3-4 people

Cooking time: Approximately 40 minutes

Ingredients

1 tin of butter beans
1 tin of tomatoes
1 onion, peeled and chopped
2 teaspoons dried herbs
1 tablespoon vegetable oil

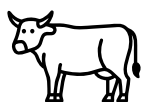
Optional extras

1 carrot finely sliced
2 celery stalks finely sliced
2 garlic cloves finely chopped
1 tsp paprika
1 tsp cinnamon
2 tbs tomato puree

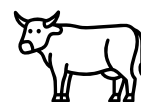
Directions

- Drain beans, reserving half liquid
- Fry onion (and other chosen veg) in a little oil until soft (approx 10 minutes on low heat)
- Add chosen spices and cook for another minute
- Add the tins of tomatoes and butter beans, and the saved liquid from the beans and chosen herbs - simmer for 30 minutes. Add more liquid if it becomes dry.
- Season with salt and pepper to taste
- Serve with pasta, rice, potatoes, or bread, whichever you prefer





Hot Dog Sausages and Savoury Rice



Cooker top – 20 - 25mins

Ingredients

Rice

2 tins soup

(any sort that would go together)

Hot dogs

Tin sweetcorn

Tin of peas

Tin of beans

Additional ingredients

if you have them

pinch of Mixed Herbs,

salt and pepper

oil, herbs.

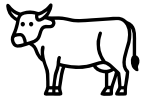
Directions

Using top of cooker

- Pour the two tins of soup into a saucepan
- Measure out a mug full of uncooked rice
- Place on the ring/burner and bring slowly to the boil, stirring every few minutes.
- Once boiling, turn down the heat so that the mixture is gently bubbling.
- Keep stirring so that the rice does not stick to the bottom of the pan
- After about 12 mins, test how soft the rice is.
- Continue cooking until soft and most of the soup has been absorbed by the rice
- Add the DRAINED contents of the sweetcorn and pea tin. Stir well. Add the tin of beans.
- Cut the Hot Dogs into three and add them to the pan.

Note:

You may need to add a little water to the mixture during cooking if the mixture sticks to the pan or is very dry.



Hot Dog Sausages and Savoury Rice



Microwave – 10 - 15mins

Ingredients

Rice

2 tins soup

(any sort that would go
together)

Hot dogs

Tin sweetcorn

Tin of peas

Tin of beans

Additional ingredients

if you have them

pinch of Mixed Herbs,

salt and pepper

oil, herbs.

Directions

Using Microwave

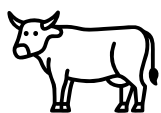
- Pour the two tins of soup into a mixing bowl that will fit in the microwave
- Measure out a mug full of uncooked rice
- Pour the rice into the soup and mix well
- Place in the microwave
- Cook for 2 mins and stir
- Cook for 5 mins and stir
- Cook for 5 mins and test to see if the rice is soft
- Add the DRAINED contents of the sweetcorn and pea tin. Stir well. Add the tin of beans.
- Cut the Hot Dogs into three and add them to the bowl
- Return to microwave and cook for 3 mins, stir and then 2 more mins
- Check that Hot Dogs are hot
- Serve

A microwave version can also be made using a PACKET of savoury rice. You will need two packs of rice.

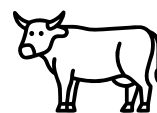
Use only enough soup to give a stiff spoonable mixture.

Add all the ingredients to a bowl, mix well and place in the microwave for 3 mins: stir, 2mins microwave then stir, microwave 2 mins and stir.

Taste to check its piping hot. Serve.



Bolognese - meat version



Serves 2 (For 4 or 5 double the number of tins)

Cooking time: approximately 20 minutes

Ingredients

Tinned mince

Tinned tomatoes

Tinned vegetables

Pasta (dry)

Optional ingredients

Tinned lentils

Oil

Onion

Garlic

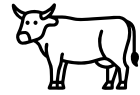
Herbs such as basil,
rosemary, oregano and
parsley

Directions

- **Use a large saucepan or wok.**
- *Optional:* fry chopped onion with a little oil on a low heat for 4 minutes until the onion is soft (not crispy)
- *Optional:* Add chopped or crushed garlic and fry on a low heat for 30 seconds
- Put chopped tomatoes in the pan, bring to the heat and cook down for 8 minutes.
- Add the tinned meat, vegetables, and any lentils and herbs and simmer on a low heat while boiling the pasta
- Boil a full kettle
- Add the boiling water to a different pan
- Add the pasta (Check packet for quantity per person)
- Boil for the recommended time (Usually 11 minutes)
- Drain the water from the pasta
- Add the Bolognese to the pasta and enjoy.



Corned Beef Hash



Serves 2-3 people

Cooking time: in the oven for 30 minutes at 180C/gas mark 5

Ingredients

Tin of Corned Beef

Tin of vegetables (any sort, peas or carrots are particularly tasty)

Packet of instant mashed potato (including cheesy or other flavour)

Optional ingredients

Tin of Baked Beans

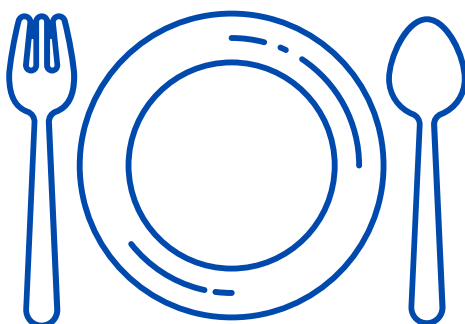
Any leftover cooked vegetables

Mixed herbs or curry powder

Grated cheese to put over the potato

Directions

- **Heat the oven to 180c degrees**
- Roughly chop up the corned beef and mix with the drained tin of vegetables (and leftover ones) and any herbs or spices in an ovenproof dish
- Spread the baked beans over the top if you are using them
- Make up the mashed potatoes according to the instructions on the packet, and spread over the corned beef mix (sprinkling the cheese over the topping if you are adding any)
- Bake in the oven for 30 minutes until the top is golden brown
- Serve on its own or with cooked fresh or tinned vegetables



Spaghetti With Sardines In Tomato Sauce



Serves 2-3 people

Cooking time: approximately 15 minutes

Ingredients

Spaghetti (or other
pasta) 150 - 175g

Tinned sardines

(or tinned mackerel)

tinned vegetables

tinned tomatoes

Optional ingredients

oil

onion

garlic clove

chili flakes

herbs (eg oregano, basil,
parsley)

Directions

- Cook the spaghetti according to the instructions on the packet.
- Use a large non-stick pan
- Optional: fry chopped onion with a little oil on a low heat for 4 minutes until the onion is soft (not crispy)
- Optional: Add chopped or crushed garlic and fry on a low heat for 30 seconds
- Stir in the sardines (break them up gently), vegetables, tomatoes and chili flakes/herbs if using. Cook gently for about 5 minutes
- Stir the mixture into the drained spaghetti and serve





Kedgeree



Serves 2-3 people

Cooking time: Microwave: 10 minutes / hob: 20-25 minutes

Ingredients

Tin of tuna or mackerel

Tin of peas or sweetcorn

Rice - half a cup of white or basmati, or one packet of microwaveable rice

Optional ingredients

2 eggs

2 teaspoons of curry powder or garam masala.

Directions

For microwave:

- Put rice into a microwaveable dish
- Flake in the fish in large-ish pieces
- Add curry powder or garam masala and vegetables
- Cover with clingfilm, and microwave on full power for 3 minutes or however long it says on the packet of rice

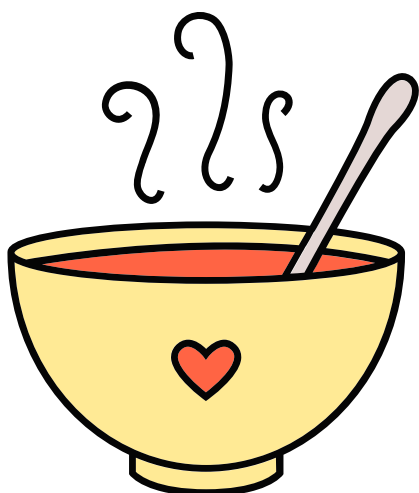
To cook on the hob:

- Rinse half a cup of rice in cold water
- Boil one cup of water in a saucepan, and when boiling add the rice and curry powder or garam masala,
- Cover and cook for 20 minutes or until the rice is soft and fluffy
- When cooked, add the vegetables

- **For both:** while the rice is cooking, boil two eggs until hard (between 7 to 9 minutes)

- To serve: pile the rice on two plates, quarter the hard-boiled eggs and place on top.

- Serve with any other vegetables or salad





Crispy Fish Cakes



Serves 4 people

Cooking time: Frying 7 minutes approximately for each batch

Ingredients

Tin of tuna, mackerel or sardines.

1x large tin of new potatoes

1 x 200gm tin sweetcorn

100 grams bread (can be stale)

Optional ingredients

30 grams Cheese

Plain flour to dust

1 large egg

Herbs to taste

Mustard

Oil to fry

Directions

- Hold bread under cold running water until sodden, then squeeze hard to remove the excess water.
- Tear the bread into pieces into a large bowl
- Drain the tin of potatoes and add (scrunch with a fork to break them up)
- Grate in the cheese, zest of the lemon, and add the egg and mustard and herbs if used and mix well.
- Drain the sweetcorn and add to the mix
- Divide into 8 balls, dust lightly with the flour, and flatten with the back of a spoon to make patties.
- Heat oil in a frying pan, then add the fish cakes in batches, frying for 7 minutes, turning over halfway, till they are golden and crispy, then drain on a sheet of kitchen roll.
- Serve with peas, baked beans, carrots or fresh vegetables



Tinned Fruit Crumble



Serves 4 people

Cooking time: 20-30 minutes in the oven (Do not microwave)

Ingredients

Porridge oats

Sugar

Tin fruit

Tin custard

Additional ingredients

You will need to provide margarine

Directions

- Open tinned fruit and drain juice into a cup. Keep this for later.
- Measure 2 cups porridge oats into a mixing bowl
- Measure 2 spoonful of sugar, mix well.
- Measure 3 spoonful of margarine into a pot and melt in the microwave.
- Mix the melted margarine into the oats and mix well
- Put the fruit into a dish that goes in the oven.
- You can add some of the fruit syrup now, but don't make the mixture too wet.
- Spoon the oat mix onto top of the fruit trying to cover the whole surface.
- Place in the oven for 20-30 mins at 175deg
- When cooked the oats should be crisp
- Serve with custard. This can be cold from the tin or gently warmed in the microwave.





Overnight Oats



This is suitable for breakfast or as a pudding.

Serves 1 person

Cooking time: Just make up before bed and it will be ready in the morning

Ingredients

1/2 cup rolled Oats

2/3 cup Milk

Tinned fruit

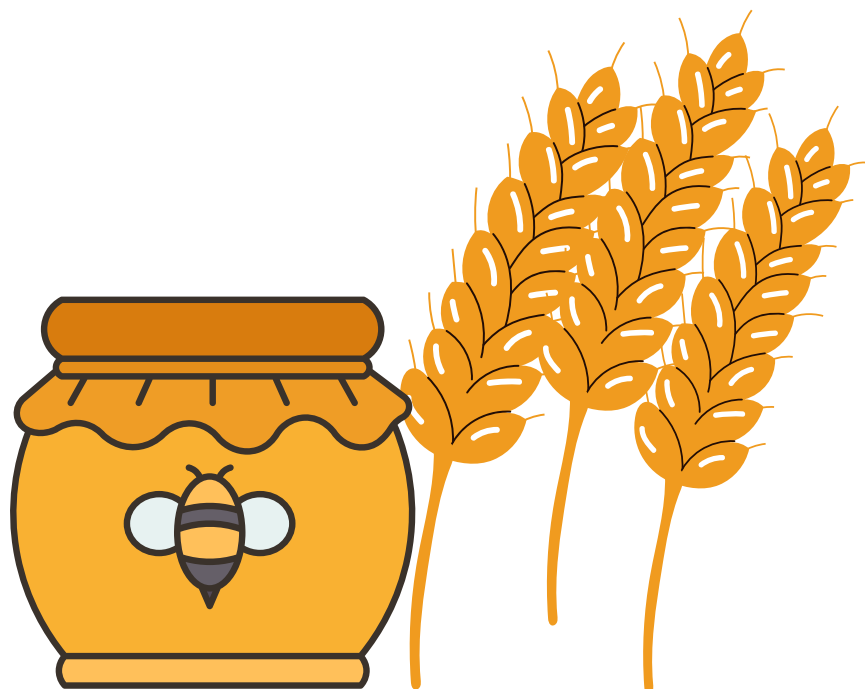
Alternative ingredients

Other milks work well too

Seeds/nuts/ fresh fruit/honey

Directions

- Measure oats into clean and empty jam jar
- Add milk or a mix of milk and water
- Stir well
- Place lid on jar and put in fridge or cool place overnight
- In the morning, add a spoon of honey and a tablespoon of tinned fruit.
- Stir well and enjoy.





Chocolate Crunch Pie



Serves 3-4 people

Cooking time:

A few seconds or 2 or 3 minutes to melt the chocolate. Setting time up to 20 minutes

Ingredients

Rice Crispies

Packet of Angel Delight (any flavour)

Milk

Bar of Chocolate

Alternative ingredients

Any fruit, tinned or fresh

Directions

- Melt the chocolate very gently either in a microwave or in a bowl over a saucepan of hot water
- Mix it with enough crispies to coat the crispies, and press down into a dish or cake tin until it is firm, and leave aside to set in a fridge or somewhere cool if possible
- When it is set, make up the Angel Delight with the milk as per the instructions on the packet
- Pour on to the chocolate crispie mix
- Serve on its own, or with fresh or tinned fruit





Sunshine Baked Oats



Serves 3-4 people

Cooking time: 40 minutes at 180C/Fan 160/gas 4

Ingredients

Tin of pineapple chunks

Tin of mandarin oranges

70g dried mixed fruit or
sultanas

120 g porridge oats

Yoghurt or milk to serve

Alternative ingredients

Use dates instead of mixed
dried fruits, and different sorts
of tinned fruit.

Add a pinch of cinnamon

Directions

- Preheat oven to 180C/fan 160C/gas 4
- Strain the liquid from the tinned fruit into a measuring jug. If it is less than 350ml/12 fluid ounces, add cold water to make up the difference
- Put the oats and all the fruit into a baking dish and stir to mix
- Pour over the liquid and stir
- Bake for 40 minutes or until plump and golden brown
- Leave to cool for a few minutes before serving, with a dollop of yoghurt or some milk



Mayonnaise Anyone?

Something a bit different!

Do you have some mayonnaise (or salad cream perhaps)?

Try the ideas below.

Ingredients

Mayonnaise

(or perhaps salad cream)

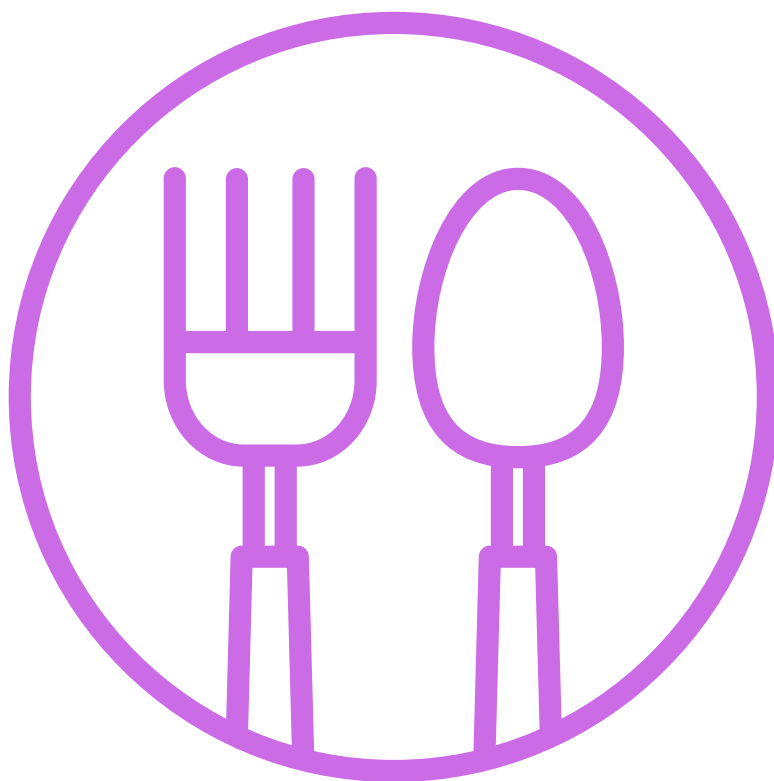
Alternative Ingredients

See the ideas on the right.

Ideas!

- Add mayonnaise and peas or sweetcorn to create a tuna or fish salad. You could also add potatoes or rice.
- Add mayonnaise to slightly mashed boiled eggs.
- Mayonnaise can be added to pasta dishes to make them that little bit more creamy.
- Make potato salad with chunks of potatoes and mayonnaise.
- Add mayonnaise to any salad vegetables to add a bit of creaminess.
- Use mayonnaise as a dip. You could mix in a spice for a different flavour.
- Make coleslaw with your choice of grated vegetables and some mayonnaise. For example, carrots, cabbage and a little grating of onion.





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