

Vegetable Soup

2 X 400g tins chopped tomatoes
8 carrots, chopped
4 small onions, chopped
4 courgettes, chopped
2 vegetable stock cubes, dissolved in 1 litre water
Pepper

Place all the ingredients in a pan. Cover and cook for 20 minutes, then puree in a blender. For chunky soup, puree half the quantity.

Leek & Potato Soup

Ingredients (Serves 4)

2 leeks
2 medium potatoes
2 onions, peeled and chopped
850ml (1½ pints) vegetable stock

Method

1. Prepare vegetables by peeling and chopping the potato.
2. Peel and chop the onion and leek.
3. To make the stock, add your 2 stock cubes to the 850ml water and stir.
4. Place the stock, vegetables and leeks into a saucepan, bring to the boil then reduce the heat and cook for approximately 30 minutes, or until the vegetables are tender.
5. Allow the soup to cool before liquidising or blend until smooth. Alternatively, press through a sieve.
6. Return to a saucepan and heat gently.
7. Serve with plenty of crusty bread.

Sweetcorn Chowder

This soup is delicious it has potatoes for energy and sweetcorn and spring onions that count towards your 5 day.

Serves 4

Ingredients

2tbs Olive Oil
8 Spring Onions finely sliced
1 Clove Garlic crushed
2tbsp plain flour
4 rashers lean bacon diced
2 cans creamed sweetcorn
1 chicken stock cube
1/2 pint boiling water
Potato
250ml skimmed milk

Method

1. Heat the oil in a large saucepan, then add the spring onions, bacon and garlic and fry for a couple of minutes.
2. Add the cubed potato and flour. Gradually add the milk, the chicken stock and simmer for 15 minutes .
3. Add the creamed corn and black pepper back to the boil and serve with warm crusty bread.

Oven Potato Wedges

Ingredients (makes 4 servings)

4 medium potatoes, scrubbed

4 tsp olive oil

Optional: garlic powder; Parmesan cheese; chilli powder

Method

1. Preheat the oven to 200°C/400°F/gas mark 6
2. Cut each potato lengthways, then cut each half into 6 wedges
3. Place in a baking tin and turn in the oil until each piece is lightly coated
4. Bake for 35-40 minutes turning occasionally until the potatoes are soft inside and golden brown on the outside
5. Sprinkle on one of the optional ingredients 5 minutes before the end of cooking

GARLIC BREAD

Ingredients

2 Garlic Cloves
½ tsp mixed herbs
2oz Low fat spread
Small French Stick or part baked rolls

Method

1. Crush garlic cloves
2. Cream together with low fat spread and mixed herbs in a small bowl
3. Slice French stick
4. Spread with garlic butter
5. Bake for approx 6-8 minutes in a hot oven.

Handy Hint

Garlic spread can be made up and stored in the fridge ready to use.



Ten-Minute Stir Fry with Noodles

Stir-frying is a quick and healthy method of cooking. Only a small amount of oil is used and the short cooking time ensures that the vitamin content of the food is not depleted. Always ensure you buy the Reduced salt Soy Sauce, and only use a small amount, to reduce sodium in your diet and keep your heart healthy.

Serves 3-4

Ingredients

1 tsp Olive oil
1 Red Onion
1 Red, Yellow and Orange Pepper
White cabbage
1 tsp chilli powder
1 tbsp reduced salt soy sauce
Carrots
Straight to Wok Noodles

Method

Heat the oil in a non-stick frying pan or wok

Add the red onion, red, yellow and orange pepper, cabbage and carrots and stir-fry for 2 minutes.

Add the noodles, soy sauce and chilli flakes

Toss together the noodles, and veg mixture, and serve immediately.

This information is provided by the
Health Improvement Team
Community Food & Nutrition Workers



Pasta, Peas and Bacon

Ingredients (makes 4 servings)

250g (9oz)	onions
85g/3oz	light soft cheese
225g (8oz)	lean diced bacon
175g (6oz)	frozen peas
225g (8oz)	pasta shapes
	olive oil
low sodium vegetable stock	

Method

Heat 1tsp oil in a medium frying pan. Fry the onions until soft then add the diced bacon and fry until cooked. Add the peas and the vegetable stock and then add the pasta and cook until the pasta has softened.

Just before serving stir in the light soft cheese, black pepper to taste and serve.

Vegetable Curry

Ingredients

Onions

Leeks

Carrots

Cauliflower

Courgette

Tinned tomatoes

Veg stock

Curry paste – (madras, korma)

Method

- Fry off the onions and leeks until softened
- Add the chopped carrots and cauliflower
- Add two tablespoons of curry paste and tinned tomatoes.
- Add veg stock and cubed courgette. Bring to the boil and then simmer until veg is cooked.

Just before serving stir in a little low fat natural Greek yoghurt for a creamy texture.

Quick Chicken Curry

Ingredients (serves 4)

4 Mushrooms sliced
1 Pepper sliced
1 courgette
1 Onion finely chopped
2 garlic cloves finely chopped
1 tsp Olive oil
3 chicken breasts or cooked chicken pieces
3 tbsp curry paste
1½ pints low salt chicken stock
1 tin chopped tomatoes

Method

1. Heat the olive oil in a non-stick pan and gently fry the chicken garlic and onion for 4 – 5 minutes, to colour.
2. Stir in the curry paste and heat for a few minutes
3. Pour in the stock, bring to the boil then reduce the heat and simmer gently for 5 – 6 minutes, to reduce, add mushroom, courgette and peppers and then simmer for 20 minutes.
4. Transfer to a serving plate and serve with brown rice.

Creamy Mushroom, Ham & Leek Pasta

High in fibre, good source of Vitamin C

Ingredients

Mushrooms
Ham
1 leek, finely sliced
1 carrot, grated
225ml/8fl oz low-sodium chicken stock
2 tsp wholegrain mustard
85g/3oz light soft cheese
Wholemeal Pasta

Method

Heat 1tsp oil in a medium frying pan. Fry the mushrooms and Leeks gently until soft. Add the carrot. Pour in the stock, add the pasta and boil until the pasta has softened, then add the mustard and soft cheese, stirring well to combine. Add the ham and black pepper to taste.

COOK ONCE EAT 3 TIMES

Making 3 meals with the same ingredients can save money, time and waste.

Spaghetti Bolognese

Ingredients (serves 4)

- 1 tablespoon oil
- 1 onion, finely chopped
- 2 cloves garlic crushed or finely chopped
- 200g (8oz) mince (use beef, pork, turkey, quom)
- 400g can chopped tomatoes
- 4 tablespoons tomato puree
- 2 teaspoons dried mixed herbs
- 200g (8oz) mushrooms, sliced
- 1 medium carrot grated
- 400g dried spaghetti
- ¼ pint beef stock

Method

Heat oil in a large saucepan and add mince. Brown the mince, stirring to prevent it sticking. Pour off any excess fat, which has come out of the mince.

Add the onion and garlic to the mince and cook for another 2 minutes.

Add the tomato puree, chopped tomatoes, herbs, grated carrots and mushrooms.

Bring the sauce to the boil, then add the beef stock, simmer gently for 30 minutes.

Check the seasoning, pepper if wish; serve with spaghetti or other pasta.



Lasagne

Method

1. Preheat the oven to 200°C/400°F/Gas 6.
2. Grease a deep lasagne dish, approximately 30cm (12in) square, with a little of the oil.
3. While this is cooking for approximately 30 minutes, make up the cheese sauce
4. Arrange a layer of lasagne sheets on the base of the dish. Pour half the mince over the lasagne base, and then pour over half the cheese sauce. Top with another layer of lasagne sheets. Top with the remaining mince, another layer of sheets and then pour over the cheese sauce. Bake in the preheated oven until golden brown and the lasagne is soft, about 30-35 minutes.

Cheese Sauce

Ingredients

- 2 tablespoon/15ml oil or sunflower spread (not very low fat)
- 2 tablespoons/30ml plain flour
- 600ml/1 pint milk
- 50g/2 oz mature low fat cheddar, grated

Method

Heat oil or sunflower spread in small saucepan on a medium heat.

Add flour and mix to a paste with a wooden spoon. Cook the paste, stirring all the time for 2-3 minutes. It should be a light golden colour.

Add a very small amount of milk and mix well with the paste. Keep adding small amounts of milk, mixing well each time. If the sauce starts to look lumpy beat it thoroughly with a wooden spoon or whisk. Continue to add milk once the sauce looks smooth.

When all the milk is added, simmer the sauce for 3-5 minutes, stirring all the time. Add the grated cheese and mix well until the cheese is melted. Taste for seasoning

Chilli Con Carne

Ingredients (serves 3-4)

- 175g (6oz) onions
- 1 tablespoon olive oil
- 450g (1lb) lean minced beef
- ½ teaspoon chilli powder
- A pinch dried oregano
- 115g (4oz) tomato puree
- 1 x 400g can baked beans

Method

Peel and chop the onions. Heat the olive oil in a saucepan and fry the onion and mince together until the meat has browned and the onion softened. Add the chilli powder and oregano and cook for 1-2 minutes. Just cover with water, put the lid on and cook gently for 25 minutes.

Add the tomato puree and baked beans, and cook for a further 25-30 minutes, removing the lid and turning the heat up slightly for the last 5 minutes.

Meanwhile, cook the rice in boiling water until tender. Drain well.

Put the chilli into a bowl and serve with rice.

