

# Food on a Budget

## Hints, Tips and Recipes for Tasty, Low Cost Meals





## MONEY SAVING IDEAS!

1. Shop as late as possible in the day to make the most of reduced prices on perishable foods.
2. Drink plenty of milk. Buy in 4 or 6 pint containers and share cost with others.
3. Cooking a meal for three or four people is more economical, providing they all take their turn.
4. Shop around and find the shop/supermarket with the best value for money, even if you have to walk a little further.
5. Pasta and rice make filling meals, with a small amount of meat or vegetables, and a tasty sauce.
6. Markets will often sell off fruit and vegetables cheaply at the end of the day.
7. Eggs are a cheap source of protein, and easy to cook as well as being versatile.
8. Always cool food thoroughly before putting in the fridge/freezer.

## IS IT COOKED?

- Always make sure food is cooked thoroughly, all the way through to the middle.
- For microwave containers, feel the bottom, in the middle. It's cooked when this is hot.
- An egg is cooked when the egg white is completely white, and not before. If boiling put it in boiling water for 3-5 minutes and time it so you make sure it is cooked.
- For pork or chicken, put a sharp knife in the middle. If it is pink in the middle or blood comes out, cook it for a bit longer.
- For cakes, take a clean knife, insert it into the centre of the cake and if cooked, it will come out clean with no cake mix on it.





# HEALTHY EATING



Look for the foods in season and eat fruit and vegetables raw, eating the skin where possible.

Citrus fruits are especially high in vitamin C.

Grated raw vegetables, carrots, cabbage, onion and turnip, florets of broccoli, sprouts and bean shoots served with plain yoghurt or salad dressing make a tasty meal, when served with cottage cheese, leftover meat or a tin sardines.

Remember to wash fruit and vegetables before use to remove any pesticides.

Start the day with a breakfast: Muesli, Weetabix or porridge, granary toast spread with margarine or marmite, peanut butter or cottage cheese.

Fresh fruit and vegetables are essential to avoid colds and spots, etc.

Try to drink at least four glasses of water each day. Avoid too much strong coffee and tea; take at least half a pint of milk per day.

Try some fruit teas; you can buy an assorted pack.



## SAFETY TIPS



Always wash your hands before preparing or eating food.

### REMEMBER:

**NEVER LEAVE PANS ON A HOT STOVE UNATTENDED  
ESPECIALLY WHEN THEY CONTAINING FAT OR OIL**

## Winter Warmer Soup serves 4

- 2 carrots, sliced
- 1 onion, chopped
- 2 cloves of garlic, peeled and crushed
- 113g mushrooms
- 1 x 225g / 8oz tin of baked beans
- 1 x 225g / 8oz tin of chopped tomatoes
- 1tbsp mixed dried herbs
- ½ pt of water
- salt and pepper
- 4 lean rashers of bacon (optional)



Place the carrots, onion, garlic and mushrooms in a large non-stick pan and dry fry until the onion and mushrooms are softened, adding a little water if required. Add the beans, tomatoes, mixed herbs, water and seasoning. Bring to the boil and leave to simmer.

Grill the bacon and remove any rind. Cut into small pieces and add to the soup. Simmer for 30 minutes until the carrots are soft. Add extra water if required. Serve immediately with crusty bread.

## Leek and Potato Soup - serves 4

- 2 small leeks
- 1 onion
- 1 potato
- 85g butter
- 55g plain flour
- Vegetable stock (approx. 600mls)
- Salt and pepper to taste



Clean and chop leeks into small pieces. Chop onion.

Peel and dice potatoes into small pieces.

Melt butter and add leek and onions, cook until soft but not coloured, then add enough flour to absorb the liquid. Cook for a minute gradually add the stock. Season with salt and pepper. Add the potatoes and simmer until cooked. Blend or serve as it is with crusty bread.

## Mushroom Pasta

- 28g margarine
- 28g flour
- seasoning
- 175g mushrooms, sliced
- 1 or 2 cloves garlic, chopped
- 1 medium onion, chopped
- 570ml (1 pint stock)
- 1 tsp mixed dried herbs
- 225g whole wheat pasta
- 2 tbsp pesto sauce



Melt the margarine, add the onions and garlic and fry gently for 5 minutes. Stir in the flour and cook gently for 1 minute. Remove from the heat and gradually add the stock, herbs and mushrooms, simmer for 10 minutes. Cook the pasta. Add the pesto to the mushroom sauce and season. Mix and serve.

## Macaroni Cheese (*microwave*) serves 4

- 225g short cut macaroni
- 189ml ( $\frac{1}{3}$  pint water)
- 40g margarine
- 7g flour
- salt and pepper
- $\frac{1}{2}$  tsp mustard powder or 1 tsp made mustard
- 12 floz / 350 ml milk
- 175g grated cheddar cheese



Put the macaroni in a large casserole bowl and add the water. Cover and microwave on high for 5 minutes, then reduce the power to medium and continue to cook for 12 minutes. Drain and set aside. Melt the margarine in a 4 pint casserole dish on high for 40 seconds. Stir in the flour and seasonings. Microwave on high for 30 seconds then blend in the milk, microwave for 4 minutes, stirring every minute until thickened. Mix in the grated cheese: then stir in the macaroni. Microwave for 3 minutes to heat through stirring once. Serve immediately.

### **Savoury Snack (microwave)**

- 1 carrot
- 1 onion
- 2 chopped potatoes
- 2-3 slices corned beef (or small tin)



Peel and chop small the carrot, onion and potato. Cover with water and microwave on high for 2 minutes. Remove from microwave and mix with corned beef.

*(Makes a change from pasta)*

### **Apple Toast**

- 1 slice of French Bread
- 15g grated cheese
- ¼ red apple
- A knob of butter



Toast the bread lightly. Butter it and cover with overlapping slices of apple. Sprinkle layer of grated cheese on top covering the apple evenly. Put under grill and cook until the cheese has melted and is bubbling nicely.

### **Garlic Bread**

- 1 small baguette
- 50g (2oz butter)
- 1 garlic clove
- ¼ tsp salt



Mash garlic with salt and combine with butter. Make vertical cuts almost through the baguette, spread the cut sides with the garlic butter. Wrap the baguette in aluminium foil and bake for 20mins at 160C.

### **Rice (Microwave)**

- 50g
- pinch salt
- knob butter
- 120ml boiling water



Put rice in sieve and wash under cold running water until water runs clear. Put into casserole adding salt and butter. Stir in boiling water, cover and microwave on high for 3 minutes. Reduce power to medium and continue cooking for 2 minutes, stirring 2 or 3 times. Leave to stand, covered for 2-4 minutes. Stir with a fork and serve.

## Tuna Pie - serves 3

- 2 large tomatoes
- 2 200g can tuna
- 1 pkt parsley sauce mix, made up
- 700g mashed potatoes
- 75g grated cheese



Heat the oven 180C / 350F / gas mark 4

Place sliced tomatoes in oven dish. Drain tuna and place on top of the tomatoes. Pour on the sauce. Place in the oven and heat through for 10 minutes. Cover with mashed potatoes and sprinkle the top with cheese. Place in the oven to brown. Serve with salad or carrots and sweetcorn.

## Chopped Pork Supper

- 85g small pasta shells
- 1 onion, chopped
- 1 tbsp oil
- ½ pkt white sauce, made as instructions
- 1 tbsp tomato puree
- 340g can pork luncheon meat, chopped
- 85g grated cheese
- 2 tomatoes, sliced



Cook the pasta in boiling water and drain. Fry the onions in the oil until soft, add the pasta and chopped meat. Stir the tomato puree into the prepared white sauce with 50g of the cheese. Stir the sauce into the meat mixture. Place in a pie dish. Spread the tomato slices on top and sprinkle the remaining cheese. Bake at 190C / 375F / gas mark 5 for ½ hour.

## 5 Minute Bread and Butter Pudding *microwave*

- 3 slices of white bread, buttered and crusts removed
- 75g currants or sultanas
- 2 large eggs
- 28g sugar
- 275ml (½ pt) milk
- brown sugar for topping



Slice the bread into quarters. Arrange in a shallow, microwaveable dish with the fruit. Pour over the beaten eggs, milk and sugar. If possible, leave this to soak for ½ hour. Scatter the brown sugar over the top and then microwave on high for approximately 3 minutes until set. Serve alone or with ice cream or custard.

## Lemon Fluff

- 150ml boiling water
- 410g tin of evaporated milk
- 1 lemon jelly
- 2 tbsp lemon juice (optional)



Dissolve jelly in the boiling water and cool a little. Add the evaporated milk and lemon juice if used. Whisk until creamy. Put in a dish and refrigerate until set.

## Rice Salad

- 250g cold boiled rice
- 1 tomato, chopped
- 1 x 6cm piece cucumber, chopped
- ½ onion, chopped
- ½ yellow pepper, chopped



Mix ingredients together with 2 tbsp natural yogurt.

# Enjoy!

These hints, tips and recipes have been compiled by members of Mothers' Union in this area. We hope you enjoy using them!

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