

Eating well on a budget

Recipes, tips and suggestions to support
Wakefield Recovery & Wellbeing College's
cost of living series.

Written in partnership with Wakefield Council

Written by:

Karen Thomas, Health Improvement Specialist – Nutrition, Wakefield Council
Rachel Aswat, Recovery College Coordinator

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INTRODUCTION

Welcome to our Eating Well on a budget booklet.

We all know that the Cost of Living Crisis affects everybody so Rachel and Karen have been working together to put this booklet together to share hints, tips and ideas about how it is possible to eat well on a budget. Both Karen and Rachel have themselves and a family to feed, so they understand how the increased cost of everyday essentials can make balancing healthy eating and meal choices difficult, but we hope you will find lots of useful tips, ideas and suggestions throughout this booklet that will make this a little easier for you. We also have the additional bonus that Karen is a registered dietitian, so we can be confident that the suggestions made from herself and our Colleagues within the South West Yorkshire Partnership Trust's Dietitian network have come from a reliable source.

We would love to hear any suggestions you may have that would be helpful to share with others, you can let us know by either emailing them through to the College or commenting on our Facebook page

Happy reading

Thanks Rachel and Karen

CONTENTS

- Shopping Tips - page 4
- Cooking Tips - page 5
- Meal Plan - page 7
- Recipes - page 8
- Books and Resources - page 30
- Did you know? - page 31
- Additional information - page 32

Shopping tips

Here are some shopping and cooking tips to keep shopping bills and cooking costs down.

Meal planning and shopping lists

Meal planning and making a shopping list helps you buy just what you need. This reduces wasted time and energy nipping out for things you've forgotten. Importantly it helps you plan to use up everything you buy, reducing food waste. It reduces last minute thinking and impulse buying.

Instore tips

Look high and low on the shelves. Supermarkets place the pricier items at eye level.

Choose own branded food such as cereal, tinned food, frozen food. These are often made in the same food factories as branded products.

Take care with special offers – if it is something you usually buy that is on offer, you can eat it without eating more and while it is in date, then it could be a bargain.

Otherwise avoid. Supermarkets discount a lot of products that people eat more of and don't cut down on other food so they make more money.

Check cost per 100g or per unit on the shelf to compare the actual value of foods. Some special offers can be a reduced size.

Fruit and vegetables

Fruit and vegetables can often be cut down due to cost, yet they are so important for good health and well-being

Frozen fruit and vegetables can be good value and just as full of vitamins and minerals as fresh.

They are also good for keeping costs down by reducing food waste, as you can just take out what you need meal by meal.

They come ready prepared too so less time is needed chopping and peeling.

Frozen fruit and vegetables are handy to have in to use before your next shop is due when other fruit and vegetables may not last. Tinned

are also a great alternative to fresh eg.

sweetcorn, carrots, peas, kidney beans,

tomatoes, peaches, mandarins, pineapple.

Dried herbs and fruit are also really useful to have handy in the cupboard.

Frozen herbs and spices

Frozen herbs and spices are an economical way to add flavour with less waste. You can either buy fresh and freeze any leftover or buy ready frozen eg. garlic, ginger, basil.

Dried herbs

Dried herbs are also really good to add lots of flavour to a meal, just try to avoid buying lots of different types that you may only ever need for one recipe.

Food storage

When you get home from the shops use good food storage to get the best value out of your food shop.

The Love Food Hate Waste website has lots of helpful hints, tips and guidance to help you get the greatest value from your food. Please click [here](#) to take look.

Cooking tips

Spare a Watt, save a lot

Energy prices are soaring and cooking can use a lot of energy – up to 30% of your gas and electricity bills. Enjoy cooking good food and saving money with these energy saving tips.

Pots and pans



Put lids on your pots and pans allowing you to turn down the heat. Pick the smallest pan you need and put it on a ring that is the same size. Cooking more quickly and efficiently.

Kettle power

Boil just as much water as you need in your kettle and use for boiling or steaming. This uses less energy and cooks quicker.





Steam tower

Use a steamer or colander on top of another pan for free cooking power. Cook vegetables this way and keep more vitamins.

Microwave magic

Heating suitable foods thoroughly in a microwave uses less energy and is super speedy.

Defrosting is best in the fridge overnight and not in the microwave – make a note to take the food out the freezer



Slow and delicious

Come home to the pleasure of a meal ready cooked in a slow cooker. It uses little more energy than a traditional light bulb.

Switch off

Ovens retain their temperature for about 10 minutes. Switch off your oven early and save money without compromising on your cooking.

Checking it's ready? Look through the glass door and use a timer to reduce heat loss instead of repeatedly opening the oven door.



For more hints and tips, you can check out:

3 Ways to Reduce Energy Use While Cooking - [wikiHow](#)

Energy-efficient cooking ([uswitch.com](#))

Easy Ways to Save Energy While Cooking | **Energized by Edison**

Meal Plan

Meal plans help you save money by using what you buy carefully so you aren't left with half used tins, packets or fruit and veg.

Reducing food waste is also good for the planet.

This is an example of a weekly meal plan for one person.

MON	TUES	WED	THU	FRI	SAT	SUN
Cereal with milk + fruit (handful fresh or tinned, 1 tbsp dried)	Cereal with milk + fruit (handful fresh or tinned, 1 tbsp dried)	Cereal with milk + fruit (handful fresh or tinned, 1 tbsp dried)	2 eggs poached or scrambled and tinned tomatoes on toast	Cereal with milk + fruit (handful fresh or tinned, 1 tbsp dried)	Cereal with milk + fruit (handful fresh or tinned, 1 tbsp dried)	Cereal with milk + fruit (handful fresh or tinned, 1 tbsp dried)
Vegetable, lentil or bean soup 1/2 tin with 1-2 slices of bread. Peaches 1/2 tin	Baked beans (1/2 tin) on 1-2 slices of toast Pears fresh or tinned	Tomato soup (1/2 tin) with a sliced egg or egg mayonnaise sandwich with carrot sticks	Baked beans (1/2 tin) on 1-2 slices of toast Banana	Tuna + sweetcorn or cheese slaw sandwich 2 biscuits Pears	Sardines or poached egg and tinned tomatoes or cheese and tinned tomatoes on toast. Fruit jelly	Tomato soup (1/2 tin) and 1-2 slices of bread 2 Biscuits Banana
Jacket Potato with cheese and grated carrot Banana and custard	Vegetable, lentil or bean soup (1/2 tin) Tasty tomato pasta with sweetcorn 1/2 tin	Hash or 1/2 pie with carrots, peas and gravy or mixed bean chilli and rice Chocolate banana trifle	Tasty tomato pasta +/- tuna with sweetcorn (1/2 tin) Rice pudding (1/2 tin)	Hash or 1/2 pie with carrots, peas and gravy or mixed bean chilli and rice Peaches 1/2 tin + rice pudding 1/2 tin	Bean and vegetable korma and rice Pear sponge	Jacket Potato with bean and vegetable korma Fruit jelly
DAILY FLUIDS: 4 mugs of tea or coffee, 4 large glasses of water, 2 glasses of milk for cereal and drinks						

There are lots of websites that have different suggestions for a weekly food plan.

We came across the BBC's - Family £1 recipe meal plans whilst we were searching for some ideas - you can click [here](#) to find out more about this.

Recipes

Over the next few pages you will find a selection of affordable and nutritious recipes.

As we couldn't fit everything into this one booklet, we have added a couple of slow cooker meal ideas. Please just click on the picture and it will take you directly to the website

[Slow Cooker Chilli Con Carne](#) [BBC Good food](#)



For a vegetarian version, swap to a vegetable stock cube and Quorn or Soya mince

[Slow Cooker Mushroom Quorn Bolognese](#) [Energetic Mum](#)



Leek and Potato Soup

This popular soup is sometimes called 'Vichyssoise' on menus. It is very easy to make and you don't have to be too exact about the proportion of leeks and potatoes that you use. Although many recipes include cream, it can be made with milk, or just stock if you want a dairy-free version. It is a cheap recipe to make, using British vegetables that are in season in the autumn.



Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (318g):

Energy	Fat	Saturates	Sugars	Salt
395kJ 94kcal	3.8g	0.8g	4.6g	0.3g
5%	5%	4%	5%	5%

of an adult's reference intake.
Typical values per 100g: energy 124kJ/30kcal.

Equipment

Weighing scales
Vegetable peeler
Chopping board
Sharp knife
Colander
Measuring jug
Kettle
Measuring spoons
Large saucepan with lid
Wooden spoon
Ladle
Pan stand
Blender
Tea towel
Mixing bowl
Tasting spoon
Scissors

Ingredients

Serves 6

1 medium potato
(about 250g)
3 leeks (about 500g)
1 medium onion
1 reduced-salt vegetable
stock cube
750ml boiling water
1 x 15ml spoon
vegetable oil
250ml semi-skimmed
or skimmed milk
Ground black pepper
(optional)
A few chives for garnish
(optional)

* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- If you don't have a blender, mash the ingredients down with a potato masher. Just make sure that all the vegetables are really well cooked first.
- Leeks can be muddy and soil gets trapped between the layers as they grow. Slice first and wash after, then shake dry with a colander. Wash the board and knife thoroughly after use.

Leek and Potato Soup

Method

1. Peel and chop the potato into small 2cm chunks.
2. Top and tail the leeks, and discard the outer layer and wash. Slice widthways into 1cm pieces.
3. Wash the leek slices and drain well in the colander.
4. Peel and finely chop the onion.
5. Pour 750ml boiling water into the measuring jug, crumble in the stock cube and stir to dissolve.
6. Place the oil in the saucepan and add the onion. Place over a low heat and cook the onion gently until it starts to soften. This will take about 5 minutes.
7. Add the leeks and continue cooking gently for a further 5 minutes, stirring occasionally to ensure that the leeks don't stick to the bottom of the pan.
8. Add the stock and potatoes, bring to the boil and then reduce the heat to a gentle simmer (small bubbles). Place the lid on the saucepan and simmer for about 15 minutes until the potatoes are soft.
9. Stir in the milk, then ladle a third of the soup into a blender.
10. Holding a tea towel over the lid, blend the soup and pour into a clean mixing bowl.
11. Repeat until all the soup is blended.
12. Add ground black pepper to taste (if using).
13. Return the soup to the saucepan and reheat to serve.
14. Snip the chives, if using, and sprinkle on the surface when the soup is ladled into bowls.

Something to try next time

- Swirl 1 x 5ml spoon of crème fraîche into each bowl of soup just before serving.
- Try the grated rind of 1 lemon and a few sprigs of parsley as an alternative garnish.

Prepare now, eat later

- Prepare the vegetables the day before and keep in sealed bags or boxes in the fridge.
- Cool any leftover soup quickly then store in a covered container in the fridge for up to 48 hours. Reheat only once until bubbling hot.
- This soup freezes really well. Cool and pour into freezer bags inside a plastic container. Once frozen, the bag can be removed from the box and stored in the fridge for 2 days or in the freezer for up to 6 months. Defrost thoroughly and reheat until bubbling hot.

Top Tips

- When blending hot soup, the pressure can build up inside, which is why it is important to follow these three rules:
1. Never fill the blender more than half full.
 2. Always cover the lid with a thick tea towel.
 3. Always hold the lid down when the blender is on.

Skills used include:

Weighing, measuring, peeling, chopping, blending, boiling/simmering and frying.

Bread-End-Crust Mini Pizza

Serves 1

Crusts from the end of a
loaf of bread

Tomatoes

Chopped herbs

Food that needs using up
(check your fridge)

Grated cheese

Pepper to season



Bread-End-Crust Mini Pizza

By Love Food Hate Waste

Are your bread-end-crusts always forgotten at the bottom of the bread bag? Here's a fun way to use them up before they go off! This is a delicious and easy recipe, perfect for young chefs to follow with their parent/guardian.

Heat the oven to 180°C.

Place the crust(s) on a baking tray.

Spread the tomatoes over the crusts for your pizza base.

Create your own topping using the food you've found that needs eating up.

Sprinkle on some herbs and a teaspoon of grated cheese, season with a little pepper.

Bake for around 15 minutes. Take a photo of your scrumptious snack to share and enjoy!

Mixed Vegetable Pie

You can use any vegetables – fresh, frozen or canned, even leftovers – to make this tasty alternative to shepherd's pie.



Celery, egg, milk, sulphites and wheat (gluten)*

Nutritional information per portion (506g):

Energy	Fat	Saturates	Sugars	Salt
270kcal 1348kj 14%	5.5g 8%	0.9g 4%	9.8g 11%	0.49g 8%

of an adult's reference intake.
Typical values per 100g: energy 224kJ/53kcal.

Equipment

Can opener
Colander
Chopping board
Sharp knife
Kettle
Measuring jug
Wooden spoon
Measuring spoons
Medium-sized pan OR deep frying pan
Medium ovenproof serving dish
Small bowl
Fork
Grater
Oven gloves

Ingredients

Serves 4-6

400g can cannellini beans
OR 400g can green lentils
1 large onion OR 240g frozen chopped onions
250ml boiling water
½ x reduced-salt vegetable stock cube
1 x 15ml spoon sunflower oil
400g can chopped tomatoes
1 x 5ml spoon dried mixed herbs
2 x 15ml spoons tomato puree
2 x 5ml spoons balsamic vinegar
500g frozen mixed vegetables
1 egg OR 50g reduced-fat mature Cheddar cheese
800g mashed potato (made using the Basic Mashed Potato recipe available on our website)

* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Allowing the vegetable mixture to cool for a few minutes before adding the mash will prevent the mash from sinking into the sauce.
- Dab spoonfuls of the mash all over the pie and then carefully spread the potato over the filling with a fork.
- The pie will take 10 minutes longer to cook if the mashed potatoes are cold when spread onto the pie.

Mixed Vegetable Pie

Method

1. Preheat the oven to 190°C/170°C fan or gas mark 5.
2. Drain the cannellini beans or lentils in the colander and then rinse under the tap.
3. Peel and finely chop the fresh onion.
4. Measure 250ml of boiling water into the measuring jug, crumble in the stock cube and stir to dissolve.
5. Heat the oil in a pan and fry the (fresh or frozen) onion for a few minutes until it starts to go soft.
6. Add the tomatoes, stock, herbs, tomato puree and balsamic vinegar. Bring to the boil and then simmer for 10 minutes until the sauce has reduced and thickened slightly.
7. Stir in the mixed vegetables, return to the boil and cook for 3 minutes.
8. Remove from the heat and stir in the cannellini beans or lentils.
9. Pour the mixture into an ovenproof dish and allow to cool for a few minutes.
10. If using egg, break it into a small bowl and beat with a fork; if using reduced-fat cheese, grate it.
11. Top the vegetable mixture with mashed potato and spread the beaten egg or grated cheese over the top of the potato for a nice golden crunch. Bake in the oven for approximately 30 minutes, or until hot throughout.

Something to try next time

- Use any vegetables that you have available. If using fresh vegetables, chop them into small chunks and add them at step 6. You can also add leftover cooked vegetables.
- For a meat version you could add any leftover cooked meat. Chop the meat into bite-sized chunks and add in at step 6.
- Use other root vegetable mash such as parsnip, carrot, sweet potato, swede or a mixture for the topping.

Prepare now, eat later

- Store in the fridge for up to 2 days or freeze for up to 2 months. If frozen, defrost thoroughly before reheating in the oven for 40–45 minutes at 190°C/170°C fan or gas mark 5 until bubbling, and crisp and golden on top.

Skills used include:

Measuring, peeling, chopping, grating, beating, mixing/combining, mashing, boiling/simmering and frying.

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Baked Bean Lasagne

Baked bean lasagne is a great store cupboard recipe. Try one or two of our 'Something to try next time' suggestions and you will never waste any of your leftovers again!



Egg, milk, mustard and wheat (gluten)*

Nutritional information per portion (426g):

Energy	Fat	Saturates	Sugars	Salt
1604kJ 382kcal 19%	10g 15%	3.4g 17%	11g 12%	1.8g 30%

of an adult's reference intake.

Typical values per 100g: energy 377kJ/90kcal.

Equipment

Weighing scales
Chopping board
Sharp knife
Deep frying pan
OR large saucepan
Measuring spoons
Can opener
Wooden spoon
Small saucepan
Table knife
Whisk
Grater
Deep ovenproof dish
(approx. 25 x 25cm)
Oven gloves

Ingredients

Serves 4-6

1 onion OR 100g frozen chopped onions
2 cloves garlic
1 pepper OR 100g frozen chopped peppers
1 x 15ml spoon vegetable oil
1 x 400g can chopped tomatoes
2 x 420g cans reduced-sugar and salt baked beans in tomato sauce
1 x 5ml spoon dried mixed herbs OR oregano
Ground black pepper (optional)
25g unsaturated fat spread
25g plain flour
300ml semi-skimmed milk
75g reduced-fat mature Cheddar cheese
½ x 5ml spoon mustard (English or Dijon)
10-12 dried lasagne sheets

* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Choose dried lasagne sheets that do not need pre-cooking.
- If you are cooking the lasagne straightaway, insert a knife into the centre of the dish after 45 minutes to check that the pasta is soft all the way through. If it isn't, lower the temperature a little and cook for another 5-10 minutes until cooked.
- A square or rectangular dish is most suitable for lasagne so the sheets of pasta fit in easily. Snap the sheets into thinner strips or pieces to fill in any gaps.

Baked Bean Lasagne

Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Peel and finely chop the fresh onion and garlic.
3. Wash the fresh pepper, deseed and dice.
4. Heat the oil in the large saucepan and soften the onions, garlic and peppers over a low heat for 4–5 minutes.
5. Open the cans and add the tomatoes and baked beans to the saucepan. Add a little water to each can, swirl around and pour into the pan so nothing is wasted.
6. Add the dried herbs and ground black pepper (if using), to taste; reduce the heat and leave to simmer while you make the cheese sauce.
7. Weigh the spread and flour into the small pan and add the milk. Gently bring to the boil whisking all the time to prevent any lumps. Once the sauce is bubbling, reduce the heat and cook for a minute, then turn off the heat.
8. Grate the cheese and stir half into the sauce together with the mustard and black pepper (if using).
9. Put a third of the bean mixture into the base of the ovenproof dish and top with lasagne sheets.
10. Spread over another third of the beans, then pour about a third of the cheese sauce over that. Top with another layer of lasagne sheets, the rest of the beans, another third of the cheese sauce and top with sheets of lasagne.
11. Spread the rest of the cheese sauce all over the last layer of lasagne sheet and sprinkle with the remaining cheese.
12. Bake for 40–45 minutes or until bubbling hot and golden.
13. Remove from the oven and leave to settle for 4–5 minutes before serving.

Something to try next time

- To increase your vegetable intake, add some of the following suggestions to the recipe; a finely sliced leek, small florets of broccoli, 100g of sliced mushrooms and a chopped courgette. Soften these with the onion at step 4.
- Sprinkle a pinch of chilli flakes or 1 x 5ml spoon of chilli powder into the bean mixture or add a finely chopped fresh chilli at step 4.
- Add any leftover cooked vegetables to the bean mixture, or a drained can of sweetcorn, or a handful of frozen vegetables such as peas, beans or mixed vegetables.
- For a meatier version, add some sliced cooked sausage, chopped ham or a couple of rashers of chopped crispy bacon to the bean mix at step 9.
- If you are using basic canned tomatoes, add 1 x 15ml spoon of tomato purée or ketchup to make a richer sauce.

Prepare now, eat later

- Make the lasagne up to step 11, then cool and chill, unbaked, for up to 24 hours. Bake at step 12 when needed.
- Any leftovers should be cooled, covered and stored in the fridge for up to 24 hours. Reheat until piping hot, adding a small amount of water to prevent it drying out.
- The lasagne can be frozen once baked and allowed to completely cool. Freeze for up to 3 months, packed in foil or a large freezer bag, then defrost thoroughly before cooking.

Skills used include:

Weighing, measuring, peeling, chopping, grating, whisking, spreading, boiling/simmering, frying and baking.

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Microwave Chilli Con Carne with Rice

Chilli con carne is a spicy Mexican-style stew. This recipe is cooked completely in the microwave – and that includes cooking the rice.



Nutritional information per portion (494g):

Energy	Fat	Saturates	Sugars	Salt
2006kJ 473kcal	17.9g	2.7g	7.2g	0.31g
24%	11%	13%	8%	5%

of an adult's reference intake.
Typical values per 100g: energy 406kJ/96kcal.

Equipment

Weighing scales
Chopping board
Sharp knife
Garlic press (optional)
Kitchen paper
Can opener
Colander
2.5 litre, large microwave-safe bowl with lid or clingfilm x 2
Fork
Oven gloves
Measuring spoons
Wooden spoon
Kettle
Mug
Sieve

Ingredients

Serves 4
1 medium onion
1 clove garlic
100g mushrooms (optional)
1 x 400g can chopped tomatoes
1 x 400g can red kidney beans
250g minced beef
2 x 15ml spoons tomato puree
1 x 5ml spoon chilli powder OR $\frac{3}{4}$ x 5ml spoon chilli flakes
Black pepper (optional)
1 mug long grain OR basmati rice (approx 250–300g)
550–600ml boiling water



Top Tips

- Cook the chilli for 5 more minutes if the liquid has not been absorbed or the meat is not tender enough.
- Always use the same-sized mug to measure the rice and the water. If you would rather weigh the rice, use 250g of rice and 600ml of water.
- There is no need to cover the rice when cooking it in the microwave.

Microwave Chilli Con Carne with Rice

Method

1. Peel and finely chop the onion and garlic (press or chop the garlic as small as you can).
2. Wipe the mushrooms (if using) with kitchen paper to remove any dirt and slice finely.
3. Open the cans of tomatoes and beans. Drain the kidney beans through a colander and rinse with cold water.
4. Put the minced beef into the large bowl and add the onion and garlic. Mix together using a fork until the meat is thoroughly broken up.
5. Cover with a microwave-safe lid or clingfilm, leaving a small area open to allow steam to escape. Cook in the microwave on full power for 5 minutes (timing based on an 800W microwave). Remove from the microwave. Peel back the clingfilm and stir well with the fork, breaking up any clumps of meat.
6. Add the mushrooms (if using), tomato puree, chilli flakes or powder, tomatoes and beans to the meat and stir well.
7. Add a small amount of water to the empty tomato can, swirl around and add to the bowl. Season with black pepper to taste (if using).
8. Re-cover in the same way and cook on full power for 5 minutes. Remove the bowl and stir well.
9. Re-cover, return to the microwave and cook on full power for 10 minutes. Remove halfway through and stir well. Leave to stand while you cook the rice.
10. To cook the rice, boil the kettle. Measure one mug, approximately 250–300g of rice, and pour into the sieve. Run cold water through the rice until the water runs clear and drain. Pour the rice into the other large microwave-safe bowl. Fill the same mug with boiling water twice and pour over the rice. Stir once and put into the microwave.
11. Microwave on full power for 10 minutes.
12. Remove the rice and stir. Return it to the microwave on full power for another minute.
13. Remove the rice and leave to stand for 1–2 minutes and then taste to check it is cooked. If it needs slightly more cooking add a small amount of water and cook for another 2 minutes.

Something to try next time

- Add a chopped red or orange pepper at step 4.
- If you have some dried herbs or spices in your cupboard add some to the chilli at step 6. Try ½ x 5ml spoon of mixed herbs, cinnamon, coriander or cumin.
- Try adding 1 drained can of mixed pulses or 1 x 400g can of baked beans instead of red kidney beans, for a change.

Prepare now, eat later

- Cool the chilli con carne as quickly as possible, then cover and store in the fridge for up to 2 days or freeze for up to 3 months. Defrost and reheat until piping hot.
- Label food before freezing it with the contents and the date it was frozen.
- Rice is best eaten as soon as it is cooked, but any leftover rice should be cooled as quickly as possible (within 1 hour) and stored straightaway in the fridge for no longer than 24 hours. When you reheat any rice, always check that the dish is steaming hot all the way through and never reheat it more than once.

Skills used include:

Weighing, measuring, peeling, chopping, crushing, mixing/combining, boiling/simmering and microwaving.

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Vegetable Risotto

This is a classic recipe with a cheat's method – popping it in the microwave speeds it up and gives you time to do other things. It's also great for using up leftover vegetables in your fridge.



Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (552g):

Energy	Fat	Saturates	Sugars	Salt
2234kJ 532kcal 27%	0g 15%	2.9g 14%	7g 8%	0.82g 14%

of an adult's reference intake.

Typical values per 100g: energy 405kJ/96kcal.

Equipment

Weighing scales
Chopping board
Sharp knife
Measuring spoons
3 litre capacity
microwave-safe bowl
with lid or clingfilm
Garlic press (optional)
Stirring spoon
Kettle
Measuring jug
Oven gloves
Can opener
Colander
Grater

Ingredients

Serves 4

1 medium onion
1 x 15ml spoon olive oil
1 clove garlic
350g risotto rice
1 litre boiling water
1 x reduced-salt
vegetable stock cube
1 x 400g can flageolet
beans in water
1 x 198g can sweetcorn
125g green beans
100g frozen peas
40g Parmesan cheese
OR reduced-fat mature
Cheddar cheese
Small bunch (10g)
parsley to garnish
(optional)

* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- It is important to stir the rice well each time as this releases starch and makes the dish creamy.
- If you are cooking for children aged 5 and under, don't use a stock cube. They are high in salt, which we need to limit in young children's diets. Experiment with herbs to flavour the dish instead. Also use reduced-fat Cheddar cheese instead of Parmesan as Parmesan is made from unpasteurised milk.

Vegetable Risotto

Method

1. Peel and finely chop the onion and add to the microwave-safe bowl. Add the oil and stir well.
2. Heat for 2 minutes on full power. All timings for this recipe are based on an 800W microwave.
3. Peel and press or finely chop the garlic (chop it as small as you can), weigh the rice and add both to the onions. Stir well and heat for a further 2 minutes.
4. Meanwhile, measure 1 litre of boiling water into the measuring jug, crumble in the stock cube and stir to dissolve. Add the stock to the rice, stir well, cover with a lid or clingfilm, leaving a small area open, and cook for 10 minutes on full power.
5. While the rice is cooking, open the can of flageolet beans and drain and rinse them, drain the canned sweetcorn and wash and chop the green beans into 2.5cm sticks.
6. Stir the rice well before mixing in the green and flageolet beans; then cover and cook for 5 minutes.
7. Mix the sweetcorn and frozen peas into the rice, cover and cook for a final 3 minutes. Meanwhile, finely grate the cheese and chop the parsley (if using).
8. Lastly, stir in the grated cheese, sprinkle with chopped parsley (if using) and serve immediately.

Something to try next time

- You can swap the sweetcorn and Parmesan for a tasty mushroom and goat's cheese alternative. Finely slice 3 medium mushrooms and add at step 6, leaving out the sweetcorn at step 7. At step 8 stir in a 125g pack of soft goat's cheese and 1 x 15ml spoon of finely chopped tarragon instead of the Parmesan and parsley.
- Try topping the finished risotto with 50g of fresh baby spinach leaves and 15 halved cherry tomatoes.
- You can swap the vegetables and beans for whatever you have in your fridge and cupboards, such as broccoli, spinach, fresh or canned tomatoes, chickpeas and different kinds of beans.

Prepare now, eat later

- Rice is best eaten as soon as it is cooked, but any leftover rice should be cooled as quickly as possible (within 1 hour) and stored in the fridge for no longer than 24 hours. When you reheat any rice, always check that the dish is steaming hot all the way through and never reheat it more than once.

Skills used include:

Washing, weighing, measuring, peeling, chopping, grating, mixing/combining and microwaving.

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Speedy Biryani

Biryani is a festival dish, traditionally served at Indian weddings. This is a deliciously spicy version of a substantial meal that is served in one pot. It's perfect for cooking with and for crowds. You can make it with almost any meat or Quorn™ - look at the end of the recipe for some different options.



Egg and mustard*

Nutritional information per portion (389g):

Energy	Fat	Saturates	Sugars	Salt
1721kJ 409kcal 20%	15g 21%	3g 15%	4g 4%	0.95g 16%

of an adult's reference intake.
Typical values per 100g: energy 442kJ/105kcal.

Equipment

Weighing scales
Medium saucepan with lid
Small saucepan
Colander
Large saucepan with lid
Sharp knife x 2 (one for meat, one for vegetables)
Chopping board x 2 (one for meat, one for vegetables)
Measuring spoons
Measuring jug
Wooden spoon
Kettle
Large serving dish
Bowl
Scissors

Ingredients

Serves 4

200g Basmati rice
1 x 15ml spoon vegetable oil
2 chicken breast fillets (about 260g)
Small bunch fresh coriander
1 medium red onion
100g French beans
4 x 15ml spoons Balti curry paste
130ml water
4 tomatoes
2 hard-boiled eggs

* Presence of allergens can vary by brand - always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- To save time, buy precooked rice so this can just be added at step 9. This will save on washing up too. You'll need about 500g of cooked rice.
- An easy way for children to chop the coriander and French beans is by using kitchen scissors.

Speedy Biryani

Method

1. Cut the chicken into 2–3cm diced pieces and place in a bowl. Wash your hands after handling raw chicken.
2. Cook the rice according to the instructions on the packet. If you haven't already hard-boiled the eggs, pop them in a separate pan in cold water, bring to the boil and simmer for 5 minutes. Then drain through a colander and leave to stand in fresh cold water to cool. While these are cooking you can carry on with the next steps.
3. Using a different chopping board and knife, peel and finely chop the red onion.
4. Wash the French beans, tomatoes and coriander.
5. Finely chop the coriander. Top and tail the French beans and cut them in half. Cut the tomatoes into quarters.
6. Heat the vegetable oil in the large saucepan, then add the chicken, half of the chopped coriander and curry paste. Cook for 5 minutes, stirring all the time. The chicken will change colour from pink to white.
7. Add the chopped red onion and French beans and cook for a further 3 minutes.
8. Add the tomato quarters, and add the water gradually – you may not need it all. Your Speedy Biryani should be moist enough for the flavours to spread through evenly, but it shouldn't be wet. Cook for a further 3 minutes. Keep stirring.
9. Add the cooked rice. Mix well, cover and simmer for 2 minutes. You might want to add a little bit more water now.
10. Peel the shell from the hard-boiled eggs and slice into quarters.
11. Spoon the Speedy Biryani into a large serving dish and garnish with hard-boiled egg quarters and a sprinkling of fresh coriander.

Something to try next time

- Instead of chicken, you could make Speedy Biryani with any of the following:
- 300g of Quorn™ fillets (vegetarian) – prepare and cook in the same way as the chicken
- 300g of beef frying steak – prepare and cook as for the chicken, the meat will turn from pink to brown when it is cooked
- 400g can of chickpeas (drained) – skip step 6, add the coriander and curry paste in step 7 and add the chickpeas with the tomato at step 8.
- You can make this recipe with a different curry paste, such as Korma if you like a milder dish or Madras for a hotter result.
- Instead of curry paste, you could use one pouch of a curry recipe base (based on 170g per pouch). As these contain more water than a traditional curry paste, you will only need to add around 30-50ml of water at step 8.

Prepare now, eat later

- To save time, hard-boil your eggs in advance. Once they have cooled, store in the fridge until you need them.
- This Biryani dish is best eaten straight away but if you have any leftovers cool quickly (within 1 hour). Refrigerate and eat within 24 hours, either cold as a rice salad or reheat until piping hot. Do not reheat rice more than once.

Skills used include:

Weighing, measuring, peeling, chopping, boiling/simmering and frying.

Cheesy Appleslaw Baguettes

This tasty sandwich can be made using any hard cheese and is quick to make.



Egg, milk, mustard, soya and wheat (gluten)*

Nutritional information per portion (164g):

Energy	Fat	Saturates	Sugars	Salt
1547kJ 365kcal 18%	8.3g 12%	3.3g 17%	6.2g 7%	1.3g 22%

of an adult's reference intake.

Typical values per 100g: energy 943kJ/223kcal.

Equipment

Weighing scales
Chopping board
Grater
Mixing bowl
Colander
Vegetable peeler
Sharp knife
Measuring spoons
Mixing spoon
Bread knife
Knife (for spreading)

Ingredients

Serves 4

100g grated reduced-fat hard cheese (such as Cheddar, Double Gloucester OR Red Leicester)
1 apple
4 spring onions
2 x 15ml spoons reduced-fat mayonnaise
4 small baguette rolls

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Method

1. On a chopping board, grate the cheese and place in a mixing bowl.
2. Wash, peel and core the apples. Then grate and add to the cheese.
3. Wash and chop the spring onions and add to the cheese and apple.
4. Add the mayonnaise to the mixing bowl and stir together all the ingredients.
5. Cut each small baguette in half and spread with the mixture.

Top Tip

- Double the recipe to serve 8. Try cutting up a large baguette instead of buying individual rolls.

Something to try next time

- Try using different hard cheeses and a variety of apples to see how this changes the flavour of the sandwich.

Skills used include:

Weighing, measuring, chopping, grating, mixing/combining, spreading and serving.

Tasty Tomato Pasta

This simple Tasty Tomato Pasta dish makes a cheap and easy meal. The basil and tomato go together well and give the dish an Italian flavour. The sauce can be used to make lots of different meals; use as a pizza topping, serve with bread or liven up some vegetables.



(Unless adding meat or fish)



Milk and wheat (gluten)*

Nutritional information per portion (431g):

Energy	Fat	Saturates	Sugars	Salt
1369kJ 326kcal	11g	3g	8.5g	0.51g
16%	16%	15%	9%	8%

of an adult's reference intake.
Typical values per 100g: energy 318kJ/76kcal.

Equipment

Weighing scales
Chopping board
Sharp knife
Garlic crusher
Measuring spoons
Large frying pan with lid
Wooden spoon
Can opener
Large saucepan
Kettle
Colander
Pan stand x 2
Tasting spoon
Grater
Large serving spoon

Ingredients

Serves 4

1 medium onion
2 cloves garlic
2 x 15ml spoons olive oil
2 x 400g cans OR cartons chopped tomatoes
1 x 5ml spoon sugar
1 x 5ml spoon dried basil
300g pasta shapes (uncooked weight)
Ground black pepper (optional)
75g reduced-fat Cheddar cheese
Small bunch fresh basil (optional)

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Top Tip

- When the sauce is cooking it will bubble and can make quite a mess, so half-cover the frying pan with a lid. It is important that the water in the tomatoes can evaporate while cooking, so don't cover the pan completely.

Tasty Tomato Pasta

Method

1. Peel and finely chop the onion.
2. Peel and crush the garlic (or chop finely).
3. Measure the olive oil and heat gently in the frying pan for 1 minute.
4. Add the onion and garlic and fry on a low heat until the onion has softened, stirring with a wooden spoon. This will take about 10 minutes.
5. Open the cans or cartons of tomatoes and add to the frying pan together with the sugar and dried basil. Turn up the heat and stir well.
6. When the sauce starts to bubble, turn the heat down and let it simmer for 10–15 minutes until the tomatoes and onions have formed a thick sauce. Stir occasionally.
7. Whilst the sauce is simmering, boil some water in the kettle for the pasta, weigh the pasta and cook in the large saucepan according to the instructions on the packet. Once the pasta is cooked, remove from the heat and carefully drain in a colander.
8. Taste the sauce and add black pepper (if using).
9. Grate the cheese.
10. To serve, place a portion of pasta into a bowl or plate, and spoon the tomato sauce over the top. Sprinkle with grated cheese and fresh basil leaves.

Something to try next time

- Add 1 x 5ml spoon of balsamic vinegar instead of the sugar. It gives a tasty, slightly sweet flavour and a good colour.
- Add 2 rashers of finely chopped bacon and ½ x 5ml spoon of chilli powder or flakes when you fry the onions at step 4.
- Add 100g of sliced mushrooms and 1 chopped red pepper at step 4.
- Stir in a 185g can of drained tuna and a few olives for the last 5 minutes of step 6.
- Add 100g of finely sliced chorizo sausage or cooked sliced sausages at step 8.

Prepare now, eat later

- The tomato sauce can be cooked up to 2 days in advance, cooled quickly and stored in the fridge until needed. Cook the pasta when you are ready to serve.
- Tomato sauce freezes well. Cool as quickly as possible and pour into plastic containers, then seal and freeze for up to 1 month. Defrost thoroughly before reheating until bubbling hot.
- Mix together the pasta and sauce adding a little cold water if the sauce is very thick. Pour into an ovenproof dish and top with the grated cheese. Cook in a preheated oven at 180°C/160°C fan or gas mark 4 for 25 minutes or until bubbling hot.

Skills used include:

Weighing, measuring, peeling, chopping, crushing, grating, boiling/simmering and frying.

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Creamy Cheesy Pasta

This delicious pasta dish is so quick and easy to make. Peas and peppers are combined with a tasty, creamy sauce.



Milk and wheat (gluten)*

Nutritional information per portion (369g):

Energy	Fat	Saturates	Sugars	Salt
1407kJ 335kcal 17%	13g 18%	5.7g 28%	6.5g 7%	0.36g 6%

of an adult's reference intake.

Typical values per 100g: energy 381kJ/91kcal.

Equipment

Weighing scales
Sharp knife
Chopping board
Garlic crusher
Clean, damp cloth
Grater
Small bowl or plate
Small saucepan
Colander x 2
Large saucepan x 2
Measuring spoons
Kettle
Wooden spoon
Pan stand

Ingredients

Serves 4

1 medium onion
1 clove garlic
200g mushrooms
1 red pepper
40g Parmesan OR reduced-fat Cheddar cheese
120g frozen peas
1 x 15ml spoon olive oil
300g penne pasta
200g reduced-fat cream cheese
Black pepper (optional)

* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Place the colander in the sink and use both hands to carefully tip the pasta into the colander. Retain the cooking liquid after you have drained the pasta and use to add to your sauce if required.
- Add fresh herbs such as thyme and chives for extra flavour, or you could use minted peas!

Creamy Cheesy Pasta

Method

1. Peel the onion and chop finely.
2. Peel and crush the garlic (or chop finely).
3. Wipe the mushrooms to remove any soil and then chop them finely into slices.
4. Wash and de-seed the pepper. Chop finely.
5. Grate the cheese and place in the small bowl, or on the plate.
6. Bring a small pan of water to the boil and cook the peas according to the instructions on the packet.
Drain in a colander and run under the cold tap. Leave to cool.
7. Heat the oil in the large saucepan and add the chopped onion and garlic. Fry gently for 5 minutes until they start to soften.
8. Whilst the onions and garlic are cooking, boil some water in a kettle for the pasta. Weigh the pasta and cook, in a large saucepan, following the instructions on the packet. Once the pasta is cooked, remove from the heat and carefully drain in a colander, retaining some of the cooking liquid.
9. Once the onion and garlic are soft, add the mushrooms and red peppers and fry for 5 minutes or until the mushrooms are soft. Stir with a wooden spoon.
10. Add the cream cheese and drained peas to the pan and heat through gently, stirring well.
11. Add the grated cheese and stir until melted.
12. Stir in the drained cooked pasta.
13. Stir in 2 or 3 x 15ml spoons of the pasta cooking water to help loosen the sauce. Add a little more water if the sauce is too thick.
14. Add black pepper to taste (if using) and serve.

Something to try next time

- Try using courgette instead of peas. Wash 1 medium courgette and chop finely. Add to the pan with the mushrooms.
- Use half the quantity of peas and replace the other half with canned or frozen sweetcorn.
- Use any pasta shapes. Tricolour pasta would give the dish a real Italian feel.

Prepare now, eat later

- Use cooked peas from a previous meal if you have them leftover.
- Grate the cheese and weigh the pasta the day before.
- This dish is best eaten immediately.

Skills used include:

Weighing, measuring, chopping, crushing, grating, boiling/simmering and stir-frying.

Sausage and Bean Hot Pot

This easy recipe is really hearty and great for winter. Cooked in one pot to save on washing up, this is an economical dish to serve to family and friends. This Hot Pot can be served on its own with crusty bread, but it can also be served with mashed potato and a green vegetable to make a more filling meal.



Soya, sulphites and wheat (gluten)*

Nutritional information per portion (355g):

Energy	Fat	Saturates	Sugars	Salt
1306kJ 312kcal 16%	11g 16%	3.1g 15%	8.6g 10%	1.7g 28%

of an adult's reference intake.

Typical values per 100g: energy 368kJ/88kcal.

Equipment

Scissors
Plate
Can opener
Sieve or colander
Sharp knife
Chopping board
Frying pan or large saucepan with lid
Measuring spoons
Wooden spoon
Casserole dish
Measuring jug
Pan stand
Oven gloves
Tasting spoon

Ingredients

Serves 4

8 thick reduced-fat pork sausages (approximately 450g)
400g can butter beans
1 red pepper
1 medium onion
1 x 15ml spoon vegetable oil
¼ x 5ml spoon chilli flakes
1 x 5ml spoon fresh OR ½ x 5ml spoon dried rosemary (optional)
400g can chopped tomatoes
2 x 15ml spoons tomato puree
125ml water
Ground black pepper (optional)

* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Any good-quality sausages can be used. Lincolnshire, Cumberland and vegetarian sausages all work really well.

Sausage and Bean Hot Pot

Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Twist each sausage in the middle and cut in half with scissors so that each sausage makes two.
Now put the 16 small sausages onto a plate and wash your hands after touching the raw meat.
3. Open the can of butter beans, drain into a colander and rinse under the cold tap.
4. Wash the pepper. Cut the top off and remove the seeds and white pith. Cut into 1cm squares.
5. Peel and finely chop the onion.
6. Heat the oil in a large saucepan, or frying pan, or heat-resistant casserole dish. Add the sausages and cook for 5 minutes on a medium heat until they are brown.
7. Add the onion and pepper to the pan and cook gently for 5 minutes until the vegetables start to soften.
8. Add the chilli flakes and fresh or dried rosemary. Stir well and cook for 2 minutes.
9. Add the butter beans, tomatoes and water. Bring to the boil and add the tomato puree, stir well and simmer for 5 minutes uncovered.
10. Transfer to a casserole dish (if not already using one). Put the lid on the dish or cover with aluminium foil. Place in the oven on the top shelf for 30 minutes.
11. Add black pepper to taste (if using) and serve.

Something to try next time

- Try this recipe with other or additional vegetables e.g. 2 x 15ml spoons of peas or 2 sliced courgettes (according to season and availability).
- Try using a different variety of beans instead of butter beans. There are many different types of canned beans available in supermarkets, e.g. cannellini beans, borlotti beans, black eye beans or a mixture of different varieties. They are all a good source of protein and fibre and are a low-cost food.
- Replace the rosemary with other herbs such as sage, which goes well with pork.

Prepare now, eat later

- The vegetables can be prepared, stored in a sealed box and placed in the refrigerator a day or 2 before preparation.
- This dish can be made in advance and kept refrigerated for up to 2 days. Only reheat it once and make sure it is piping hot before serving.

Skills used include:

Washing, measuring, peeling, chopping, boiling/simmering and frying.

Overnight Oats

Overnight oats are a great example of an easy breakfast for all the family. It only takes a few minutes to make the night before.

Ingredients list

- 40g Porridge oats
- 200g Low fat yoghurt
- Fruit of your choice

(Per adult serving)



Method

1. In a bowl mix the oats with yoghurt. Stir well, cover and leave in your fridge for a minimum of 8 hours.

2. In the morning, mix with your fruit of your choice to your own tasting, some good suggestions may be banana, chopped apple or pear or a handful of berries.

Quick tips!

Low fat milk can be used instead of low fat yoghurt.

This recipe works great with frozen fruit, you can mix them in the night before, so they will be defrosted and ready to eat in the morning. They also make the final product a little more juicy!

Books and Resources

Wakefield Council libraries have lots of books and e-books that you can loan – it is free to become a member of your local library – you can sign up online or just pop in and speak to them about membership.

To find out more about your local library – please click [here](#).

A selection of books that are available to borrow from the library include:



Karen recommends this book as the author Jack, has experienced real food poverty. Whilst struggling with money she was very imaginative with food and made recipes to make cheap ingredients taste good for her family.

Have you ever thought about setting up a community book swap to share your recipe books with your friends and neighbours? Or using up apples, brambles and pears from gardens, common land or neighbours for the crumble?



Jamie's 15 Minute Meals

Delicious Nutritious, Super-Fast Food
Jamie Oliver



Joe's 30 Minute Meals

100 Quick and Healthy Recipes
Joe Wicks



Eat Well for Less

Quick and Easy Meals
Jo Scarratt-Jones



The Hairy Dieters Fast Food

30 Minute Recipes to Fill You Up In a Flash
Si King and Dave Myers

Did you know?

There are a number of organisations that have lots of information about living well and healthy eating on their websites. Click on the images to find out more.



**British Heart
Foundation**

Cancer Research UK

Love Food Hate Waste help you to save food and money with their helpful ideas and resources. Saving food is also good for the planet.

Supermarkets have budget recipe sections on their websites

ASDA

SAINSBURY'S

ALDI

TESCO

LIDL

There are a number of social media influencers that provide useful hints and tips on recipes and budget busting ideas. Make sure to keep your eye on the healthy and budget friendly ones.



There are a number of free 'how to' cook videos on the internet.

We hope we have managed to provide you with lots of hints, tips and ideas about eating well on a budget and provided you with some useful places to go to find out more.

The information we have provided is to be used as a guide only, as we all know supermarket prices will change, but hopefully all the tips will be just as good!

We have not provided any information regarding any specific dietary requirements, so please make sure you consider your own personal circumstances when choosing your own meals.

We know these are difficult times for everybody and if you do feel you need some additional support with the cost of living, there are lots of agencies that can offer this. We have listed a selection of the ones that we know about; click on their box if you want to find out more.

The Wakefield Recovery and Wellbeing College is offering a number of different Cost of Living Workshops to help support everybody - you can find out more about these by clicking [here](#).

Money Smart

Free money, debt, mortgage and income maximisation advice and qualified money and debt advisors.

Energy Debt Fund

Grants to clear energy debt/ or cover forward payments.

Food Banks, Food Pantries, Community Shop

Information on local food banks

Citizens Advice

An independent, local charity which offers free, confidential and impartial advice to the citizens of the Wakefield District.

Warmer Homes

Wakefield Council can help with home energy improvements, fuel poverty and affordable warmth.

Cash Wise

Cash Wise is a free financial support service available for any Wakefield resident.