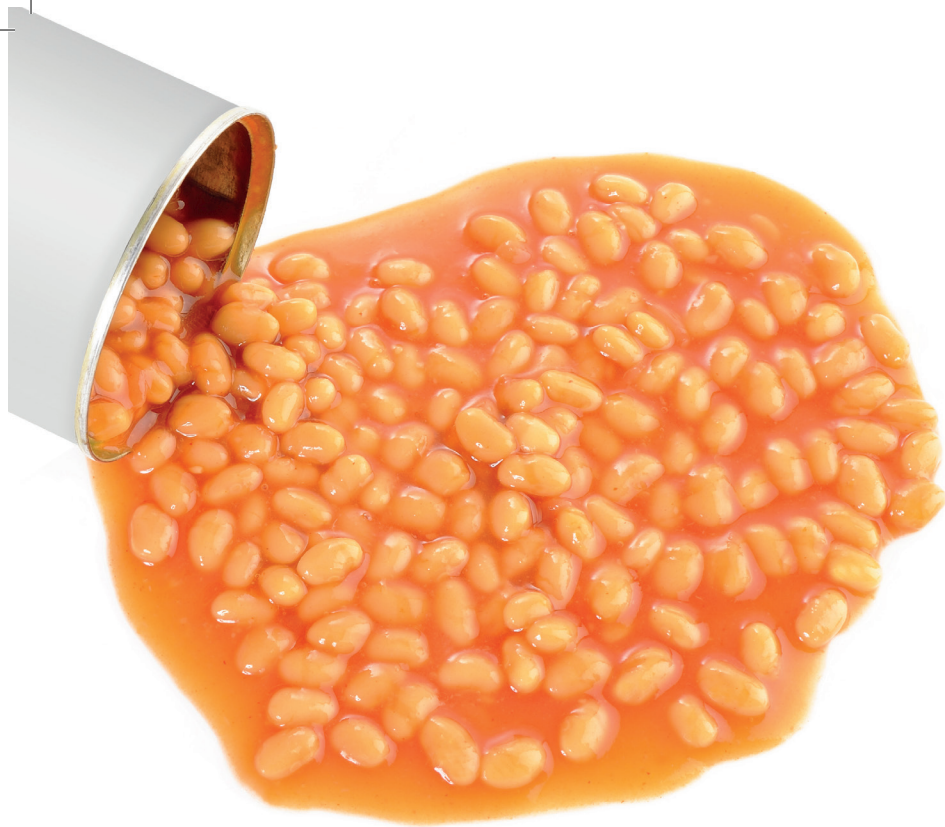




EASY STORE-CUPBOARD RECIPES

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INTRODUCTION

There are many times where you may be unable to get to the shops as regularly as you would like. During these times it is helpful to have simple recipes that can be made using common store cupboard items that you often already have or can be easily obtained and stored for when you need it.

This booklet details some easy to make recipes that use common store cupboard items. It also lists some alternatives that can be used in the recipes if you don't have all the ingredients.

All recipes are designed to make one portion. They are easy to scale up by multiplying the ingredients by the number of servings you wish to make. All recipes can be made and then frozen for later.



CREAMY TOMATO SOUP

INGREDIENTS

- 1 teaspoon butter
- 1 teaspoon olive oil
- ¼ onion, chopped
- ½ tin chopped tomatoes
- 125ml stock (e.g. chicken or vegetable)
- 35ml double cream
- 2 teaspoons dried basil
- Salt and pepper to taste

No basil?

Try switching it with any herb you have in your cupboard or miss it out completely!



METHOD

1. Heat the butter and olive oil in a pot over medium heat. Stir in onions and cook until tender. Mix in tomatoes and basil. Season with salt and pepper.
2. Pour in the chicken stock, reduce heat to low, and continue cooking for 15 minutes.
3. Blend until smooth.
4. Reduce heat to low, and gradually mix in the cream before serving.

Don't have a blender?

You can skip this step and enjoy a chunkier soup!

TUNA CAKES

Makes 4 cakes

INGREDIENTS

125g potatoes (peeled and cut into chunks)

½ tin of tuna

½ small tin of sweetcorn

Pinch of your choice of seasoning

Oil for frying



METHOD

1. Cook the potatoes until tender, drain and mash.
2. Add the tuna, sweetcorn and seasoning and stir until combined.
3. Shape 4 small cakes with your hands.
4. Heat a frying pan and lightly spray with oil, fry on both sides until golden.

No Tuna?

You can use any other kind of tinned fish in place of tuna.



TUNA PASTA BAKE

INGREDIENTS

75g pasta

1 teaspoon butter

1 teaspoon plain flour

100ml milk

½ tin of tuna

20g spinach

30g sweetcorn

30g broccoli

1 tablespoon herbs
(your choice)

50g grated cheese

Pepper to season

Missing veggies?

If you don't have or don't like the vegetables listed, experiment by adding in any type of fresh, frozen or tinned veg that you do have.

METHOD

1. Heat the oven to 180°C / fan 160°C / gas mark 4.
2. Cook pasta in a pan of boiling water for 10 minutes. Add the broccoli for the final minutes.
3. Drain and empty the tuna into a large bowl.
4. Add spinach and sweetcorn and mix well with herbs and pepper.
5. To make the sauce, melt the butter in a saucepan and stir in the flour over a medium heat.
6. Cook for 1 minute and gradually add in the milk to make a thick white sauce. Remove from the heat and stir in all but a handful of cheese.
7. Add the drained pasta and broccoli to the bowl and mix again. Stir in the cheese sauce.
8. Empty contents of bowl into an ovenproof dish.
9. Top with cheese and pepper and bake for 15–20 minutes in the oven.
10. Remove from oven when golden in colour.



PASTA BOLOGNESE



INGREDIENTS

1 teaspoon olive oil

100g beef mince

¼ onion, diced

½ carrot grated

½ tin chopped tomatoes

100ml stock (e.g. beef or vegetable)

75g pasta

Salt and pepper to taste

Try this!

Beef mince can be exchanged for other types of mince such as turkey or vegetarian options such as Quorn.

METHOD

1. Heat a large saucepan over a medium heat. Add olive oil and once hot add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat (be careful not to burn the mince. It just needs to be a dark brown colour). Once browned, transfer the mince to a bowl and set aside.
2. In the saucepan you browned the mince in add the onions and a pinch of salt and fry gently for 5–6 minutes, or until softened and translucent.
3. Add the grated carrot then pour the mince and any juices in the bowl back into the saucepan.
4. Add the tomatoes to the pan and stir well to mix.
5. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich.
6. Taste and adjust the seasoning as necessary.
7. When ready to cook the pasta, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions.
8. Once the pasta is cooked through, drain and add to the pan with the bolognese sauce. Mix well and serve.



Bulk it up!

If you have them, extra vegetables and seasonings can be added into your bolognese at step 2 to bulk it up and add extra flavour.

BEEF HOT POT

INGREDIENTS

½ onion

1 carrot

150g potatoes

100g beef mince

2 beef stock cubes

½ small tin of baked beans
(~100g)

Splash of
Worcestershire sauce

Optional herbs and spices
to taste

No beef?

You can swap out the beef mince for turkey mince or a vegetarian alternative.

If you do this be sure to change the stock to chicken or vegetable stock.



METHOD

1. Cut onion into rough wedges. Roughly chop the carrots and cut the potatoes into large chunks. Put the kettle on.
2. Heat a non-stick pan, add the mince and fry quickly, stirring all the time, until evenly browned. Crumble in the stock cubes and mix well. Add the prepared vegetables, stir them around, then pour in 150ml of hot water from the kettle. Bring to the boil.
3. Reduce the heat, cover and simmer for 25–30 minutes, until the veg are tender. Stir in the baked beans and a generous splash of Worcestershire sauce and heat through. Taste and add seasoning if necessary. Then serve.



Swap it out!

You can swap out baked beans for other kinds of beans or pulses such as butter beans or chickpeas.

LENTIL CURRY

INGREDIENTS

½ tablespoon oil

½ onion cut into wedges

1 tablespoon of curry paste

200ml vegetable stock

200g of your choice of veg
(fresh, tinned or frozen)

25g lentils

50g rice (any kind)

Optional – handful of
raisins and/or chopped
parsley

No curry paste?

You can use 1
teaspoon of curry
powder instead.



METHOD

1. Heat the oil in a large pan. Add the onions and cook over a high heat for about 8 minutes or until they are golden.
2. Stir in the curry paste and cook for a minute.
3. Slowly pour in a little of the stock so it sizzles, scraping any bits from the bottom of the pan.
4. Gradually pour in the rest of the stock.
5. Stir in the vegetables, cover and simmer for 5 minutes.
6. Add the lentils and simmer for a further 15–20 minutes or until the vegetables and lentils are cooked.
7. While the curry is simmering, cook the rice according to the packet instructions. Drain well.
8. Season the curry with salt, toss in a handful of raisins and chopped parsley, then serve with the rice.

CHICKEN PIE

INGREDIENTS

- ¼ onion sliced
- 100g chicken cut into chunks
- ½ tsp oil
- 40ml chicken stock
- ½ small tin of sweetcorn
- 1.5 tbsp crème fraiche or cream
- Herbs to season
- 200g potatoes peeled and cut into chunks



METHOD

1. Heat oven to 180C/160C fan/gas 4.
2. Boil potatoes until soft. Drain and mash with ½ tablespoon of crème fraiche.
3. Heat the oil in a large saucepan then add the onion and chicken. Fry for 5–10 mins until the onion is soft and the chicken is golden.
4. Pour over the stock, bring to the boil, then simmer for 20 mins until the chicken is cooked.
5. Stir in the corn.
6. Add the remaining 1 tbsp crème fraiche and the herbs.
7. Spoon the chicken mix into an oven proof dish and top with mash. Place on a baking tray, then bake until potato is golden.

OVEN BAKED RISOTTO

INGREDIENTS

50g smoked bacon

¼ onion

1 tsp butter

75g rice

40g cherry tomatoes or
¼ tin chopped tomatoes

175ml stock (chicken or veg)

Optional 10–15g grated
cheese (parmesan ideally
but any will do)

Which rice?

Risotto rice is ideal but if you don't have any you can use any other kind of rice (except for packet microwave rice) instead.





METHOD

1. Heat oven to 200C/fan 180C/gas 6.
2. Chop the bacon into small pieces and fry in a pan for 3–5 mins until golden and crisp.
3. Stir in the onion and butter and cook for 3–4 mins until soft.
4. Tip the bacon and onion mix into an ovenproof dish.
5. Add in the rice and mix well until coated.
6. Add the tomatoes and the stock, then give the rice a quick stir.
7. Cover with a tightly fitting lid and bake for 18 mins until cooked.
8. Stir through most of the cheese and serve sprinkled with the remainder.

No lid?

Try using tin foil to cover the dish instead.



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