

Spaghetti Bolognese | serves 4



Ingredients

- 1 onion, finely chopped
- 1 garlic clove, crushed or finely chopped or a teaspoon of garlic paste
- 1 courgette, diced
- 1 pepper, deseeded and diced
- 500g beef or quorn mince
- 1 tin chopped tomatoes
- 1 tbsp tomato purée (optional)
- Pinch of mixed herbs (optional)
- Pinch of salt and pepper
- 1 beef/vegetable stock cube
- 300g spaghetti
- Grated cheese to serve (optional)
- 1 tbsp cooking oil

Method

- In a large pan, fry the onion and garlic with the cooking oil over a low heat for five minutes, or until softened. Throw in courgette and pepper and fry for another two minutes. Add beef or quorn mince and fry until brown.
- Pour in chopped tomatoes. If using, add tomato purée, mixed herbs, salt and pepper.
- Fill chopped tomatoes tin about a quarter full with cold water. Swish around to get out all the tomatoey goodness and add into the pan.
- Crumble in the stock cube and leave to simmer over a low heat.
- Meanwhile, put the spaghetti in a large pan of boiling water. Bring to the boil and simmer for twelve minutes (or see spaghetti packet for suggested cooking time).
- Drain and dish up. Spoon your Bolognese sauce on top of the spaghetti. Grate cheese on top if using.

Costings

1 onion	12p
1 garlic clove	3p
1 courgette	25p
1 pepper	33p
500g Beef or Quorn Mince	£2.99
1 tin chopped tomatoes	28p
1 tbsp tomato purée	5p
Pinch of mixed herbs	5p
Pinch of salt and pepper	2p
1 beef/vegetable stock cube	5p
300g spaghetti	16p
Grated cheese to serve (optional)	50p
1 tbsp cooking oil	10p
Electricity for Hob for 1 hour	78p
TOTAL COST for 4 Servings	£5.71

Lasagne | serves 4



Ingredients

- 1 onion, finely chopped
- 1 garlic clove, crushed or finely chopped or a teaspoon of garlic paste
- 1 courgette, diced
- 1 pepper, deseeded and diced
- 500g beef or Quorn mince
- 1 tin chopped tomatoes
- 1 tbsp tomato purée (optional)
- Pinch of mixed herbs (optional)
- Pinch of salt and pepper
- 1 beef/vegetable stock cube
- 9 Lasagne Sheets
- 1 jar of Lasagne Sauce or homemade white sauce
- 1 tbsp cooking oil

Method

- In a large pan, fry the onion and garlic with the cooking oil over a low heat for five minutes, or until softened. Throw in courgette and pepper and fry for another two minutes. Add beef or Quorn mince and fry until brown.
- Pour in chopped tomatoes. If using, add tomato purée, mixed herbs, salt and pepper.
- Fill chopped tomatoes tin about a quarter full with cold water. Swish around to get out all the tomatoey goodness and add into the pan.
- Crumble in the stock cube and leave to simmer over a low heat.
- Pre heat the oven at 180
- Pour the Bolognese into an oven proof dish and layer the lasagne sheets and top with lasagne sauce or homemade white sauce

TOP TIP – if you make Spag Bol for 4 people and only use only 2 portions you can use the leftovers to make lasagne. You would only need the lasagne sheets and white sauce!

Costings

1 onion	12p
1 garlic clove	3p
1 courgette	25p
1 pepper	33p
500g Beef or Quorn Mince	£2.99
1 tin chopped tomatoes	28p
1 tablespoon tomato purée	5p
Pinch of mixed herbs	5p
Pinch of salt and pepper	2p
1 beef/vegetable stock cube	5p
Lasagne Sheets	20p
Lasagne Sauce	55p
1 tablespoon cooking oil	10p
Electricity for oven for 1 hour	£1.56

TOTAL COST for 4 Servings £6.58

Minestrone | serves 6



Ingredients

- 2 bacon rashers, cut up – easiest with scissors
- 1 onion or leek, finely chopped
- 2 carrots, diced
- 100g dry pasta (or broken up spaghetti)
- 1 tin chopped tomatoes
- 1 tablespoon tomato purée
- 1 chicken stock cube or stock pot
- 100g frozen vegetables (any mix)
- Chilli flakes (optional)
- Grated cheese (optional)
- 1 tablespoon cooking oil

Make it vegan: Swap the bacon for 200g chickpeas (drained) and use vegetable stock

Method

- In a large pan, fry the bacon and onion/leek with the cooking oil until the bacon is well cooked.
- Add carrots, pasta, chopped tomatoes, tomato puree, stock cube/pot and frozen vegetables. (If using chickpeas, add them here.)
- Pour in 1.5 litres of boiling water. Cook for 20 minutes.
- Season with salt and pepper. If you like, add a sprinkle of chilli flakes and/or grated cheese.

Costings

2 bacon rashers/200g Chickpeas	34p/19p
1 onion or leek	12p
2 carrots	9p
100g dry pasta	11p
1 tin chopped tomatoes	28p
1 tablespoon tomato purée	5p
1 chicken stock cube or stock pot	5p
100g of frozen vegetables	12p
Chilli flakes	5p
Grated cheese	50p
1 tablespoon cooking oil	10p
Electricity for hob for 30 mins & Boil Kettle twice	51p
TOTAL COST for 6 Servings	£2.32/£2.17

Meatballs | serves 4



Ingredients

- 500g beef or Quorn mince
- 2 beef stock cubes or stock pots
- 1 teaspoon mixed herbs
- 1/2 teaspoon chilli powder or chilli flakes
- 1 teaspoon mustard
- 1 onion, finely chopped
- 3–4 carrots, finely diced
- 1 tin chopped tomatoes
- 1 tablespoon tomato purée
- 1 tablespoon cooking oil

Make it vegan: Use meat-free mince (available in most supermarkets) and vegetable stock.

Method

- In a large bowl, mix one crumbled stock cube or stock pot through the mince with herbs, chilli and mustard. Roll with wet hands into 20 small meatballs. Fry in the cooking oil until well browned for best flavour.
- Push meatballs to the side of the pan. Add chopped onion and diced carrots. Fry for 2–3 minutes until the onion softens. Add chopped tomatoes, tomato purée, a tin of water and a second stock cube/pot. Simmer the meatballs in the sauce for 20 minutes. For a thinner sauce, add a little water.
- Serve with potatoes, rice or pasta, in toasted pitta pockets or in hot dog buns.

Costings	
500g Beef or Quorn mince	£2.99
2 beef stock cubes	10p
1 teaspoon of mixed herbs	5p
½ teaspoon of chilli powder	5p
1 teaspoon of mustard	2p
1 onion	12p
3-4 carrots	18p
1 tin of chopped tomatoes	28p
1 tablespoon of tomato purée	5p
1 tablespoon of cooking oil	10p
300g pasta/500g Potatoes	16p/20p
Electricity for Hob for 40 mins	52p
TOTAL COST for 4 Servings	£4.46/ £4.50

Spaghetti Carbonara | serves 4



Ingredients

- 300g penne pasta
- 1 head of broccoli, chopped
- 1 onion or leek, finely chopped
- 1 pack smoked bacon, cut up (easiest with scissors)
- 2 eggs, whisked
- 100g grated cheddar
- 150ml milk
- 4 tablespoons fresh cream (optional)
- 1 tablespoon cooking oil

Method

- Boil pasta for five minutes. Add broccoli and cook for another five minutes. Meanwhile, fry onion or leek and bacon in another pan with the cooking oil.
- Drain pasta and broccoli well. Add to the onion/leek and bacon.
- In a large jug, mix eggs, cheese, milk and cream together. Stir through the hot pasta. Serve.

Costings	
300g penne pasta	16p
1 head of broccoli	45p
1 onion or leek	12p
1 pack of smoked bacon	£1.69
2 eggs	18p
100g of grated cheese	71p
150ml of milk	15p
4 tablespoons of fresh cream	12p
1 tablespoon cooking oil	10p
Electricity for Hob for 30 mins	36p
TOTAL COST for 4 Servings	£4.04

Easy Chilli Con Carne | serves 4



Ingredients

- 500g beef or turkey
- 1 small white onion, diced, 1 glove garlic
- 1 beef stock cube
- 1 can diced tomatoes
- 1 can of Kidney Beans
- 2 teaspoons of chili powder, 1 teaspoon of Cumin & Paprika
- (optional toppings: shredded cheese, chopped green onions, sour cream, cilantro, etc.)

Method

- In a large stockpot, cook ground beef or turkey over medium-high heat until browned, stirring frequently. Using a slotted spoon, transfer the cooked beef or turkey to a separate plate and set aside. Reserve 1 tablespoon of grease in the stockpot, and discard the rest.
- Add the onion, garlic paste to the stockpot and sauté for 4-5 minutes, or until soft.
- Add remaining ingredients and the cooked beef or turkey to the stockpot, and stir to combine. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 10 minutes.
- Serve immediately, garnished with optional toppings if desired. Or, store in a sealed container for up to 3 days.

Costings

500g of beef or turkey mince	£2.99
1 onion + 1 glove of garlic	12p + 3p
1 beef stock cube	5p
1 can of diced tomatoes	28p
1 can of kidney beans	33p
2 teaspoons of chilli powder	5p
1 teaspoons of cumin	3p
1 teaspoons of paprika	3p
Electricity for Hob for 30 mins	36p
TOTAL COST for 4 Servings	£4.27

Easy Chicken Curry | serves 4



Ingredients

- 500g chicken, diced
- 1 onion, chopped
- 2 teaspoons curry powder
- 1 tin of tomatoes
- 30g frozen peas
- 1 chicken stock cube
- 300ml water
- 1 tablespoon oil
- 280g rice

Method

- Heat the oil in a pan and cook the chicken for 5 minutes.
- Add the curry powder and onion, stir in, then cook until the onion has softened.
- Mix in all the other ingredients and simmer for 40 minutes
- Serve with rice.

Costings	
500g chicken	£4.50
1 onion	12p
2 teaspoons curry powder	5p
1 tin of tomatoes	28p
30g frozen peas	5p
1 chicken stock cube	5p
1 tablespoon cooking oil	10p
280g of rice	13p
Electricity for Hob for an hour	78p
TOTAL COST for 4 Servings	£6.06

Recipe card

Homemade Pizza Dough | Makes 2 Large Pizzas

Ingredients

- 400g of Plain Flour
- 7g Yeast
- 1 teaspoon of salt and caster sugar
- 2 tablespoons of Olive Oil
- 225ml of water

Method

- Mix all of the above into a glass bowl and kneed into a dough, cling film the bowl and allow the dough 4-5 hours to rise, then kneed the dough into pizzas.
- Top pizza dough with any of your favourite toppings.



Costings

400g of Plain Flour	40p
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7g Yeast	13p
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1 teaspoon of salt + caster sugar	3p
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2 tablespoon cooking oil	20p
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Electricity for Hob for 30 mins	36p
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TOTAL COST for 2 pizzas	£1.12
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Spicy Sausages | Serves 4



Ingredients

- 12 Sausages
- 1 small white onion, diced,
- teaspoon of garlic paste
- 1 red pepper, diced.
- 1 beef stock cube
- 1 cans diced tomatoes
- 1 can of Kidney Beans
- 2 teaspoons chili powder, 1 teaspoon of Cumin & Paprika
- (optional toppings: shredded cheese, chopped green onions, sour cream, cilantro, etc.)
- 2 tablespoons of tomato puree
- Teaspoon of coffee granules and a teaspoon of caster sugar

Method

- In a large stockpot cook sausages over medium-high heat until browned, stirring frequently.
- Add the onion, pepper, garlic paste to the stockpot and sauté for 4-5 minutes, or until soft.
- Add remaining ingredients and stir to combine. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 10 minutes.
- Serve immediately with pasta or salad.

Costings

12 sausages	£2.45
1 onion + 1 glove garlic	12p + 3p
1 red pepper	33p
1 beef stock cube	5p
1 can of diced tomatoes	28p
1 can of kidney beans	33p
2 teaspoons chill powder	5p
1 teaspoon of cumin	3p
1 teaspoon of paprika	3p
2 tablespoons tomato puree	10p
Electricity for oven for 1 hour	78p
TOTAL COST for 4 Servings	£4.58

Fajitas | Serves 4



Ingredients

- 400g chicken, cut into strips
- 1 pepper, sliced
- 1 large onion
- 1 teaspoon paprika + 1 teaspoon cumin + dash of Tabasco sauce
- 2 tablespoons cooking oil
- Tomato Salsa
- 3 good size tomatoes, finely chopped
- dash of chilli powder
- 1 clove of garlic, crushed
- 1 teaspoon lemon juice
- pinch of salt and pepper

Method

- Put the pepper, onion and chicken into a bowl with all the other ingredients.
- Stir well until well coated then put in the fridge for 15 minutes to marinate.
- In the meantime, prepare the salsa by putting all the ingredients in a bowl and mix well.
- After 15 minutes, heat a large pan and add the marinated chicken to it.
- Cook, mixing quite often for about 15 minutes, or until cooked.
- Spoon your filling onto a tortilla and wrap it up.

Costings

400g chicken	£3.60
1 pepper	33p
1 onion	12p
1 teaspoon paprika + 1 teaspoon cumin + dash of Tabasco sauce	20p
2 tablespoons cooking oil	20p
3 tomatoes	35p
chilli powder	5p
1 clove of garlic	3p
1 teaspoon lemon juice	3p
Electricity for hob for 30 mins	36p
Pack of 8 Torillas	£1.00
TOTAL COST for 4 Servings	£6.27

Macaroni and Cheese | Serves 4



Ingredients

- 500g elbow macaroni
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1/4 teaspoon salt
- Dash pepper
- 235ml of whole milk
- 250g shredded cheddar cheese

Method

- Cook the macaroni according to package directions. Meanwhile, in a large saucepan, melt butter over medium-low heat. Add the flour, salt and pepper; stir until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in cheese until melted.
- Drain macaroni. Add to the cheese mixture; toss to coat.

Costings

500g of elbow macaroni	55p
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3 tablespoons butter	20p
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3 tablespoons all purpose flour	3p
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¼ teaspoon of salt and pepper	1p
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235ml of whole milk	14p
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250g of shredded cheese	£1.77
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Electricity for Hob 30 mins	36p
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TOTAL COST for 4 Servings	£3.06
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