

Savoury Store Cupboard ideas, from Foodbank donations

<p><u>Bean Burgers</u> tin baked beans chicken noodle pot packet potato powder breadcrumbs oil</p>	<p>Open tin of beans, rinse in cold water in a sieve. Place in a large bowl, add the chicken noodle pot, mash with a fork. Make up potato powder and add to the mixture. Divide the mixture into 4, shape and toss in breadcrumbs. Heat oil in pan, add the burgers to pan and slowly cook; after 3 minutes turn and cook other side. Serve with vegetables or salad.</p>
<p><u>Vegetable Curry</u> tin each of carrots, peas, potatoes chutney vegetable soup, tin or packet 2 teasp. curry powder, or jar of curry sauce 1 onion oil flavoured rice (pre- cooked) to serve: chopped apples, banana, raisins, coconut peanuts</p>	<p>Open tins of vegetables, drain juice but keep in jug. Add chutney and vegetable soup. Dice onion and fry in oil, add 2 teasp. of curry powder, cook out slowly. Add the drained vegetables, vegetable soup and chutney. Cook for 30 minutes until the curry flavours mix through, add additional vegetable liquid if too thick. Heat rice and serve with the vegetable sauce. Serve with raisins, banana, coconut, peanuts and chopped apples.</p>
<p><u>Pasta Bake</u> tin tuna tin mackerel in tomato sauce tin of tomatoes tin of mixed vegetables pasta of choice grated cheese</p>	<p>Open mackerel and tuna and mix with tin of tomatoes. Cook pasta until al dente (still a bit chewy). Mix pasta and tomato fish sauce together. Place in a greased ovenproof dish. Add some grated cheese on top of pasta bake. Bake in oven for 30 minutes 170 °C, gas 5. Serve with broccoli or green vegetables or a salad.</p>
<p><u>Chicken Bake</u> packet of fried rice chicken soup chicken sandwich paste pita chips (crisps)</p>	<p>This is a strange recipe - sometimes at the Foodbank we get donated unusual ingredients. Open fried rice, mix with the soup and chicken paste. Place into a greased ovenproof dish. Crumble the pita crisps and bake into oven for 25 minutes. Serve with a crisp green salad or green vegetables.</p>
<p><u>Bread and Butter Savoury Pudding</u> 4 eggs ½ pint milk butter to spread seasoning chopped herbs or dried herbs grated cheese (odd bits in fridge) pre-cooked leftover vegetables Marmite or peanut butter</p>	<p>If you have any small amounts of meat or fresh vegetables over in the fridge these can be added to eke out the recipe.</p> <p>Butter bread, add Marmite or peanut butter to bread, cut into triangles. Beat eggs and milk together, season with pepper (no salt). Line a greased ovenproof dish with slices of bread, add chopped herbs, vegetables. Use up all the bread. Pour the egg mixture over and push it down. Leave to sit for at least half an hour then bake in oven 170°C gas 4 – 5, for 30 – 40 minutes. It should be crisp on top and the egg mixture set.</p>

