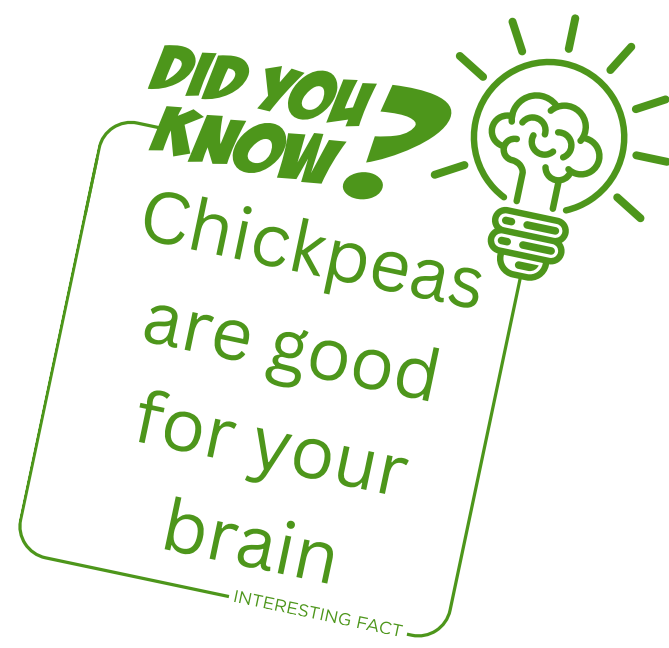




Braintree
Area
foodbank

SIMPLE RECIPES
using beans, lentils and pulses





Serves 4



Takes 10 mins

CHICKPEA BURGERS

What you need

- 2 x tins of chickpeas
- 7 x tablespoons of the water from the Chickpea tin
- 1 x tin of mixed vegetables
- 10 x tablespoons of flour
- 3 x tablespoons of Curry Powder

What to do

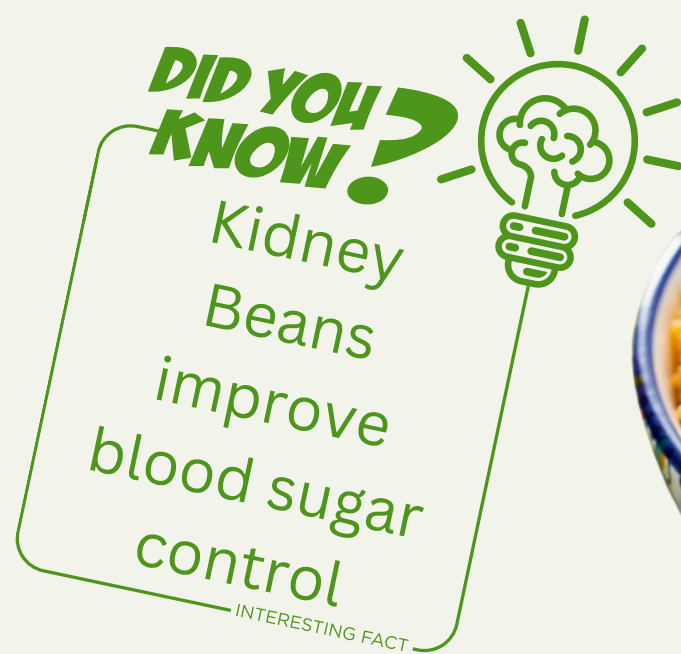
1. Drain the chickpeas, but make sure you save the water from the tin
2. Use your hands to smash the chickpeas until they are roughly mashed
3. Add all of the other ingredients to the bowl and mix until you have a thick, stiff batter
4. Split the mixtures into 4 x burger shapes and add to a hot, oiled pan
5. Fry for 5mins or until golden brown, and flip to cook the other side
6. When both sides of the burgers are cooked, add to a plate and serve with a bun or potato chips.



Add some chilli powder instead of curry powder and squish the burger into a wrap

Suitable for freezing before or after cooking





Serves 4



Takes 15 mins

MEXICAN RICE

What you need

- 1/2 x mug of rice
- 1 x mug of cold water
- 1 x tin of kidney beans in chilli sauce
- 1/2 x tin of sweetcorn
- 1/2 x tin of chickpeas

What to do

1. Add the rice to a bowl and rinse it to remove the starch
2. Add the cold water to the rice and cook in the microwave for 5 mins
3. Add the rest of the ingredients to the bowl and mix
4. Heat in the microwave for another 4 mins
5. Serve the rice in bowls



Add some grated cheese, if you have some



Serves 4



Takes 15 mins

CHICKPEA CURRY

What you need

- 2 x tablespoons of oil
- 2 x 400g of tinned chickpeas
- ginger
- 1 x 400g of tinned tomatoes
- 1 x diced onion
- 1 x tin of coconut milk
- 1 x teaspoon of garlic powder
- 1 x teaspoon of curry powder
- 1 x 400g jar of curry sauce

What to do

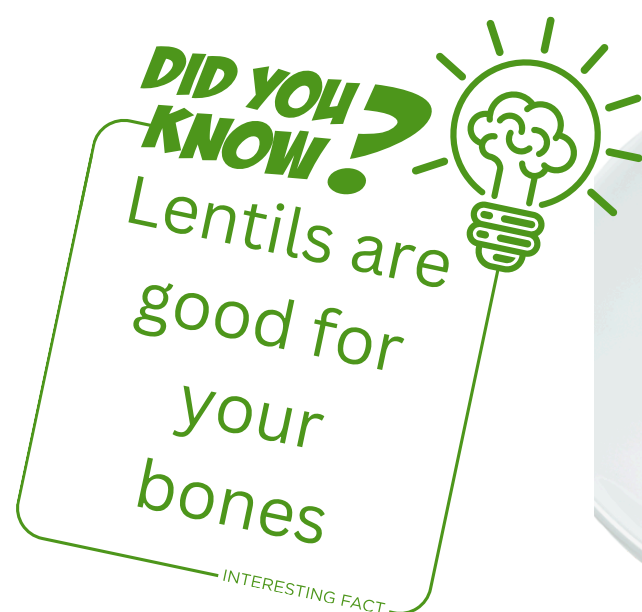
1. Heat 1 x tablespoon of oil in a frying pan then add 1 x diced onion. Cook until the onion is golden brown.
2. Add the remaining ingredients (except the chickpeas), with the onion to a bowl and mix together (you can use a blender if you have one)
3. Cook the paste in a medium saucepan for 2 x mins over a medium to high heat, stirring so it doesn't stick.
4. Tip in 2 x 400g tins of chickpeas (drain them first) and 1 x 400g tin of chopped tomatoes and simmer for 5 x mins (low heat, keep stirring)
5. Add a tin of coconut milk, mix and simmer for another 5 x mins



Add double the amount and freeze for another time!

Suitable for freezing after cooking





Serves 4



Takes 35 mins

LENTIL SPAGHETTI

What you need

- 1 1/2 x cups of tinned lentils
- 1 x clove of garlic (do not chop/press)
- 1/4 x teaspoon of salt
- 2 x cups of vegetable stock or water
- 2 x cups of pasta sauce
- 220g-340g of pasta (any that you have)

What to do

1. In a small pan over a medium-high heat, mix the lentils, garlic, salt and stock/water. Once boiling, reduce the heat and simmer (low heat) for 10 x mins
2. Drain the lentils, and return these to the pan and put aside
3. Cook the pasta by adding to already boiling water, reduce the heat, and cook for 10/12 mins (or according to the packet)
4. Add the pasta sauce to the lentil mixture and warm this over low heat on the stove until it is warm
5. Drain and divide the pasta into bowls and top with your lentil mixture



Add double the amount and freeze for another time and maybe add some grated cheese if you have it

Suitable for freezing after cooking (not recommended for the pasta)





Serves 4



Takes 15/20 mins

LENTIL & TOMATO SOUP

What you need

- 1 x chopped onion
- 200g x tinned red lentils
- 1 x tin of tomatoes
- 1 x vegetable stock cube
- 1 x litre of water
- 1/2 teaspoon of chilli flakes

What to do

1. Heat 1/2 x tablespoon of oil in a frying pan then add 1 x diced onion. Cook until the onion is golden brown.
2. Add tinned tomatoes and mix together
3. Mix the vegetable stock cube in to 500ml of boiling water and add to the pan
4. Add some salt and pepper and the chilli flakes and bring to the boil
5. When the water is boiled, reduce the heat to low-medium and add the drained lentils
6. Simmer on low heat for 15 x mins adding more water if needed
7. When warmed through and thickened up, use a hand blender to make this smooth, or simply serve without blending.



Maybe add some grated cheese if you have it or some chopped cooked bacon or a big wedge of bread *or a cheese sandwich.

Suitable for freezing after cooking

