



# Recipe Station Cookbook

Low cost recipes for cooking at home



West Leeds  
Recipe Station



# WHAT IS THE RECIPE STATION?



Recipe Station was set up by the Better Together team at Barca-Leeds in 2019 to support healthy cooking at home on a budget!

The team distribute free recipe station bags containing a recipe card and the ingredients to cook a healthy meal where every meal costs no more than £2 to recreate. This provides an opportunity to try a new tasty recipe at home.

The recipes are mainly vegetarian to limit food storage risks. We have adapted many of the recipes to become more fuel efficient and we continue to look for ways to reduce the costs of cooking.

Our recipe bags are not designed to replace a food shop so sometimes the recipe may be a side dish or dessert, and ingredients will not feed a family. Many people get creative and add extras to the recipe or swap ingredients!

We hope you enjoy these recipes.

**Better Together Team**  
**Barca-Leeds**



## JOIN OUR FACEBOOK GROUP

Search “West Leeds Recipe Station” to share ideas and recipes with like minded people.



## WATCH OUR RECIPE VIDEOS

The West Leeds Recipe Station Youtube playlist has easy to follow videos of recipes featured in this book.

Visit [bit.ly/WLRSPlaylist](https://bit.ly/WLRSPlaylist) to view our recipe videos.



### COOKING METHODS:



Hob



Oven



Slow cooker

# FOOD HYGIENE TIPS

Safe food storage, kitchen preparation and cooking is essential to prevent any unwanted symptoms which may result from poor food hygiene.

## Follow these tips to stay safe in the kitchen:



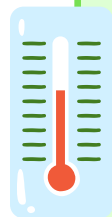
Always wash your hands with warm soapy water before you start to prepare food, and throughout the cooking process. Make sure children do this too if they are helping in the kitchen.

Clean surfaces with a clean cloth and an antibacterial, antiviral spray if you have one.



Regularly wash tea towels and dishcloths at a high temperature to kill bacteria.

Fridges should be below 5 degrees and freezers should be below -18 degrees.



Cook your foods thoroughly: high temperatures of at least 70 degrees kills harmful bacteria.



Store raw food away from ready to eat food in your fridge to prevent cooked food becoming contaminated.

Check your dates – food should not be consumed after its use by date.



For more information please visit the Food Standards Agency: [food.gov.uk](https://www.food.gov.uk)



# SPICY NOODLES



## METHOD

1. Soak the noodles in boiling water until soft for about 15 to 20 minutes. They may need separating halfway through to make sure the middle ones get enough water to go soft. Once soft drain.
2. Chop and peel the onion and garlic
3. Heat the oil in a pan.
4. Fry the onion and garlic over a medium heat for 1 min.
5. Add the ginger and chilli flakes and fry for a further minute.
6. Add the drained noodles, vegetables and soy sauce.
7. Fry for 4 to 5 minutes stirring throughout.
8. Serve straightaway with more soy sauce if desired.



## INGREDIENTS

- Half a pack of noodles
- 2 cloves garlic
- 1 onion
- 1/2 tsp ground ginger
- 1/2 tsp chilli flakes
- Half a pack of stir fry vegetables
- Oil for frying
- Soy sauce



Watch  
this  
recipe  
online

# POTATO AND CHICKPEA CURRY



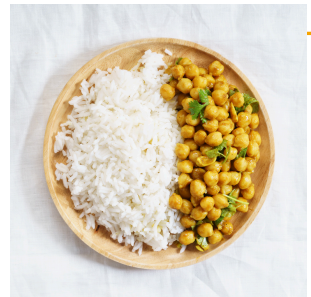
## INGREDIENTS

- 2 tbsp sunflower oil or any vegetable oil
- 2 garlic cloves
- 1 medium onion
- 1 tsp curry powder
- 1 tsp garam masala
- 1 tsp dried chilli flakes
- 400g tin chopped tomatoes
- 1 tin chickpeas
- ½ tsp salt
- 1 tin potatoes
- 1 stock cube



## METHOD

1. Peel and dice the onions, then chop the garlic.
2. Chop the tinned potatoes into cubes, saving the potato water.
3. Drain the chickpeas and discard the water.
4. Heat the oil then fry the onion and garlic for 1 min.
5. Add all the spices and the stock cube.
6. Add the chopped tomatoes and the potato water, stir.
7. Add the potatoes and chickpeas. Cover and cook over a low-medium heat for 15 mins.
8. Season to taste with salt and cook for 5 mins more.
9. Serve with rice or naan bread.



# MINISTRONE SOUP



## METHOD

1. Cut and dice the onion and garlic.
2. If using cabbage and not the pre-cut vegetables (stir fry mix is ideal) slice the cabbage into thin strips.
3. Chop the celery and carrots in to small cubes.
4. Heat the oil, add the onion and garlic and fry for 1 minute.
5. Add the celery, carrots, mixed vegetables or sliced cabbage.
6. Add the herbs, tomato puree, tinned tomatoes, baked beans and stock (made with boiling water).
7. Give it a really good stir, add salt if desired.
8. Finally, add the broken up pieces of spaghetti or noodles.
9. Cook for 20 mins over a medium heat or until the veg is soft.

This can be transferred to a slow cooker and left on a medium heat to cook for a minimum of 3 hours.



## INGREDIENTS

- 1 onion
- 2 garlic cloves
- 2 stock cubes
- 1 carrot
- 1 celery stick
- 3 cabbage leaves (or half pack of stir fry veg)
- 2 tsp mixed herbs
- Squirrt of tomato puree
- 1 tin tomatoes
- 1 tin baked beans
- Spaghetti or noodles



# EGG FRIED RICE

## METHOD



1. Chop the spring onions finely and save the green bits for garnish.
2. Heat the oil in a frying pan and fry the garlic for 1 min.
3. Add the spring onions.
4. Add the spices.
5. Add the packet of cold cooked rice, stir and cook through.
6. Crumble the stock cube in.
7. Add the tinned vegetables and keep stirring.
8. Make a well in the middle of the rice mixture and pour in the beaten egg.
9. Keep stirring the egg until it resembles scrambled egg and stir to distribute it evenly throughout the rice.
10. Add soy sauce, one last mix then serve in bowls with the chopped green bits of spring onions as garnish.



## INGREDIENTS



- 2 tbsp oil
- Spring onion or onion chopped
- 1 garlic clove chopped
- 1 tsp chilli flakes
- Packet of cooked rice or 100g rice cooked in boiling water for 20 mins then rinsed in cold water
- Soy sauce
- Tin of mixed veg
- 1 egg beaten (optional)

**This works well  
with leftovers!**



# COUSCOUS STUFFED PEPPERS



## INGREDIENTS

- 1 packet of savoury couscous
- 1 stock cube
- 1 pepper
- Grated cheese
- Salad leaves to serve

## METHOD



1. Pre heat the oven to 180 degrees.
2. Crumble the stock cube into boiling water and stir.
3. Make up the couscous by placing into a bowl, adding the stock and set to one side to absorb the liquid.
4. Cut the pepper in half lengthways and remove the seeds.
5. Place the peppers in an ovenproof dish.
6. Fluff up the couscous and fill the peppers.
7. Bake in the oven for 20 mins.



8. Remove from the oven, add the grated cheese on top and place back in the oven for 10 mins or until the cheese has melted.
9. Serve straight away with salad.

# SHOPPING ON A BUDGET

Top tips for managing a tight budget

## Plan your meals



Plan your meals, write a shopping list and stick to it. Meal planning is a great way of saving money and helps to create balanced meals.

## Choose a good time

Never shop when hungry! This may lead to buying tempting foods rather than the foods on your shopping list.



## Check your cupboards



Have a good look in your cupboards and fridge before you go shopping. Check what you need to buy to create a meal rather than starting from scratch. This also reduces food waste.

## Try out different supermarkets

Consider shopping at a different supermarket. Aldi, Lidl and Iceland are well known for being more budget friendly supermarkets, but Home Bargains, Poundland and B&M all have well priced food products too.



## Check the reduced section

This is a great place to buy reduced meat and fish that you can cook on the day you buy it, or freeze for future meals.



## Try an app



Apps like “Too Good to Go” are free to download to a smart phone and can tell you where discounted food is available locally.

## Go veggie

Reducing meat and replacing with beans and pulses as a source of protein can save a lot of money and are great for your health and the planet.

## Can you shop online?

Placing a food order online can help to save money as it allows you to keep an eye on how much you're spending and there are less tempting treats visible! The Click & Collect option saves on a delivery fee too.



## Try different brands

Other brands may be cheaper and just as good. Fancy packaging costs money, choosing value brands could save a fortune.

## Buy 'wonky' fruit and veg

'Wonky' fruit and veg is just as good for you, just not perfectly shaped, and a fraction of the price!

# 3 BEAN CHILLI



## INGREDIENTS

- 1 tbsp olive oil
- 1 onion
- 2 cloves garlic
- 1 heaped tsp chilli flakes
- 1 tbsp paprika
- 1 pepper
- 2 tbsp tomato puree
- 400g tin chopped tomatoes
- 2 x 400g tin beans (kidney and baked)
- 200g tin sweetcorn
- 1 veg stock cube
- salt & pepper



## METHOD

1. Chop and peel the onion and garlic. Cut, slice and dice the pepper.
2. Heat the oil in a pan, fry the onion and garlic over a medium heat for 1 min.
3. Add the paprika and chilli flakes, stirring all the time. Add the pepper and crumble the stock cube in.
4. Add the tin of chopped tomatoes, drained kidney beans and sweetcorn. Add all the baked beans including the sauce.
5. Add the tomato puree and salt.
6. Give it a good stir and simmer over a medium heat for 15 mins without the lid then 15 mins with the lid.



Alternatively, at this stage you can put it in a slow cooker on a medium heat and leave to cook for a minimum of 3 hours.

# CARROT BURGERS



## INGREDIENTS

- 200g diced carrots
- 55g crushed corn flakes cereal
- 2 eggs, beaten
- 1 celery stick finely chopped
- 1 tbsp minced onion
- 1/2 tsp salt
- 1/8 tsp pepper
- 2 tbsp oil
- baps or hamburger buns to serve

## METHOD

1. Place the diced carrots in a saucepan with a small amount of water. Bring to the boil then reduce the heat. Cover and cook for 5 minutes or until tender; drain.
2. In a bowl, combine carrots, corn flakes, eggs, celery, onion, salt, and pepper; mix well.



3. Form into six patties.
4. Heat oil in a frying pan over a medium heat; cook patties for 3 minutes on each side or until browned.
5. Serve on baps if desired.

# SWEETCORN FRITTERS



## INGREDIENTS

- 300g sweetcorn
- 3 spring onions, very finely chopped
- 3 eggs
- 30ml milk
- 75g plain flour
- ½ tsp cayenne pepper
- vegetable oil, for frying
- salt and freshly ground black pepper

## METHOD

1. Make the batter - put the sweetcorn and spring onions in a bowl. Beat the eggs with the milk in a separate bowl then pour this mixture over the sweetcorn and mix well. Season with salt and pepper. Sieve the flour with the cayenne pepper and then stir into the sweetcorn mixture.
2. Add the oil to a large frying pan, making sure the base of the pan is well covered. Heat the oil and test it by adding a tiny bit of the batter - it should immediately start bubbling around the edges when it hits the oil. Using a small ladle, drop batter onto the oil - you need around 2 tablespoons of mixture per fritter. You should be able to fry 4 to 5 at any one time.
3. Fry for a couple of minutes on one side until light brown then turn over and cook for a further minute.
4. Turn out onto kitchen paper to remove any excess oil and keep warm in a low oven. Continue until you have used all the batter.

**CAUTION:** Hot oil can be dangerous. Do not leave unattended.

# CHEESY POTATO PASTY

## METHOD

1. Heat the oven to Gas Mark 5, Electric 170 degrees.
2. Boil the potatoes, when soft drain and set to one side to cool.
3. Whilst the potatoes are cooking, heat the oil in a frying pan and gently fry the chopped onion and grated carrot until soft.
4. Mix the cooked potatoes, onion and carrots with the cheese and herbs in a bowl and add salt and pepper to taste.
5. Dampen the edges of the tortilla with water then divide the potato mixture between the 2 tortillas by putting it on one side of the tortilla and folding it over so it looks like a Cornish pasty. Try not to overfill so the filling doesn't seep out during cooking.
6. Put on a baking tray and bake for 20 minutes until cooked through and crispy on the outside.
7. Serve with salad or baked beans.



## INGREDIENTS

- 2-3 potatoes, peeled and chopped into small cubes
- 1 onion, finely chopped
- 1 carrot, grated
- 50g cheese, grated
- 1 tablespoon of oil
- Pinch of mixed herbs
- 2 tortillas
- Salt and pepper to taste

**Fun fact:**  
potatoes are  
99.9% fat free!



# COOKING IN A FUEL EFFICIENT WAY

## Top tips for saving money when you cook

Heating up an oven can use a lot of fuel. Instead, try to cook quick and easy dishes using the microwave, one pot on the hob or a slow cooker. Slow cookers have a very low energy use similar to having a light bulb on.

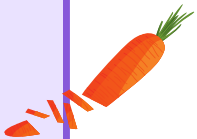
Air fryers are a great alternative to ovens, they act like a small oven but in a much smaller space which means you're using less fuel. Consider your budget as air fryers can be expensive to buy while slow cookers are more affordable.

### Tips for fuel efficient cooking:



Use a slow cooker or hob to cook big batches then freeze portions and reheat them in the microwave.

Stir-fries are fuel efficient, healthy, tasty and they only use the hob for a short amount of time



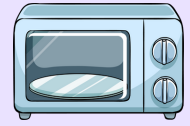
When boiling potatoes and other vegetables, cut them into small pieces to help them cook quicker!

Some tinned foods are already cooked so they only need warming through. This includes soups, vegetables, beans and lentils.



Only boil the kettle with as much water as you need.

## Cost of cooking chart



This useful chart shows how different cooking appliances cost different amounts of money to run.

The costs shown are based on averages\*.

Appliance	Cost per day	Cost per week	Cost per month	Cost per year
Electric cooker	87p	£6.09	£26.38	£316.54
Dual fuel cooker (gas & electric)	72p	£5.08	£22	£264.03
Gas cooker	33p	£2.32	£10.07	£120.83
Slow cooker	16p	£1.15	£4.98	£59.76
Air fryer	14p	£1.01	£4.40	£52.74
Microwave	8p	58p	£2.50	£30.02

\*Based on the latest figures from Cornwall Insight on 22 August 2022.

Hot meals and drinks provide us with energy that keeps us warm so try to have at least one hot meal a day.



## FOODWISE LEEDS

**foodwise**  
leeds

The Foodwise Leeds website has lots of resources and information about sustainable and healthy eating including:

- healthy eating toolkits,
- how to grow your own fruit and veg,
- tips to reduce food waste like composting, and
- healthy and delicious recipes in the Leeds Recipe Hub.

Visit the Foodwise Leeds website: [foodwiseleeds.org](https://foodwiseleeds.org)



# EASY RATATOUILLE



## METHOD

1. Dice the courgette or leek and pepper into 3cm chunks.
2. Heat the oil in a deep frying pan over a medium heat and fry the onion for 10 mins until soft and translucent.
3. Add the chopped vegetables, turn the heat to high and fry for another 10 mins until softened.
4. Stir the garlic into the pan, and toss everything together and fry for 1 minute.
5. Tip in the chopped tomatoes, plus half a can of water (200ml) and the dried herbs.
6. Simmer for 20 minutes on a medium heat, stirring occasionally, until the veg is tender and the tomatoes are thick and coating the veg. Season with salt and pepper.
7. Whilst the sauce is cooking, boil a pan of water, add the pasta and cook until soft. Serve with the ratatouille.

## INGREDIENTS

- 1 leek or courgette
- 1 red pepper
- 2 tbsp olive oil
- 1 large onion, finely diced
- 2 garlic cloves, crushed
- 400g can of chopped tomatoes or tomato soup
- 1 tsp mixed herbs
- Salt and pepper
- Pasta to serve



# FALAFEL PITTAS



## INGREDIENTS

- 1 onion
- 1 carrot
- 1 tbsp oil, plus 2 tbsp to fry the falafel
- 1 tsp cumin
- 400g tin of chickpeas, drained and rinsed
- 1 tsp garam masala
- Handful of fresh coriander
- 1 tbsp flour, plus extra to shape the falafel
- 1 pitta bread per person

## METHOD

1. Finely chop the onion and grate the carrot.
2. Fry the onion, carrot and cumin in 1 tablespoon of oil over a low heat for a few minutes until softened.
3. Tip into a large mixing bowl along with the chickpeas, coriander and flour. Mash it all together with a potato masher or fork until the chickpeas have broken down into a mush. You may need to add up to 2 tablespoons of water to help shape the mixture.
4. Flour your hands and mould the mixture into about 12 golf ball shapes, place in the fridge for at least 30 minutes so they keep their shape.
5. Heat the remaining 2 tablespoons of oil in the pan and fry the balls for 10 minutes until golden brown and slightly crispy on the outside. Serve in a pitta, or other bread with salad.

# CREAMY MUSHROOM RAMEN



## INGREDIENTS



- 1/2 tbsp cooking oil
- 4 oz. mushrooms
- 1.5 cups vegetable broth
- 1 handful fresh spinach
- 1 packet ramen noodles (discard seasoning)
- 1/2 cup coconut milk (canned)

## METHOD

1. Slice the mushrooms. Add them to a medium pan with the cooking oil and sauté over a medium heat until the mushrooms are soft, dark, and all the moisture in the bottom of the pan has evaporated.
2. Add the vegetable broth, turn the heat up to medium-high, and bring the broth to a boil. Once boiling, add the ramen noodles (without the seasoning packet) to the broth. Cook for about 3 minutes, or until tender.
3. Turn the heat off, add a heaped handful of fresh spinach, and stir until the spinach is wilted (about 30 seconds). Pour the coconut milk into the pan and stir to combine.
4. Serve the creamy ramen as-is, or with garnishes like green onion or chilli garlic sauce.



# WELCOME SPACES

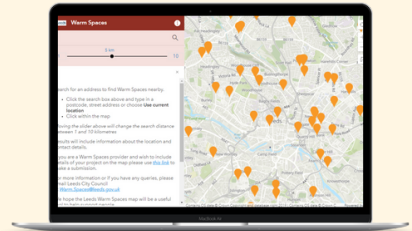
Welcome Spaces are places where people can gather for free in a warm, safe, welcoming place and maybe enjoy a hot drink, snacks and some company.

Welcome Spaces are open during the winter and include libraries, community centres, community hubs and other places offering a warm welcome. All of them are free to use for anyone who wants to use them.

Some venues also offer hot drinks, activities, and other services such as free Wi-Fi. Welcome Spaces are heated, safe and friendly places where you can comfortably spend time reading, studying or chatting with others.

Search for a Welcome Space near you on the Leeds City Council website:

[bit.ly/WelcomeSpacesLeeds](https://bit.ly/WelcomeSpacesLeeds)



# USEFUL SERVICES



## Social Prescribing in Leeds

Social prescribing can help you to have more control over your own health and find ways to improve how you feel in a way that suits you. It's tailored to you and can connect you to services that could help you feel better and live a healthy life.

Social prescribing services can help with a range of problems and will focus on the issues that are most important to you. For example, your link worker might:

- introduce you to a community group, new activity or local club.
- help you find legal advice, debt support, a counselling service or other local services that can support you.
- share information and guidance on topics affecting you.

### Armley Primary Care Network Social Prescribing Service

Covers Armley Medical Practice, Thornton Medical Centre and Priory View Medical Practice.

Ask for an appointment at your GP reception.

### Linking Leeds

Citywide social prescribing service for people 16 and over.

Call 0113 336 7612 or self-refer online:

[linkingleeds.com](https://linkingleeds.com)



## Swinnow Community Pantry

Offers fresh, frozen and store cupboard food for an affordable membership fee, helping people to reduce their shopping bills each week.

### **Costs and how to access:**

Pop into Swinnow Community Centre, LS13 4RF, on Tuesdays, 12 noon to 2pm to sign up, please bring proof of address with you.

£6 per shop for approximately £25 worth of food.

Customers have the option to put £1 of this cost into a Credit Union savings account.

For more information: 07553 504540.

## The Food Pantry @ New Wortley Community Centre

Supporting our community to access affordable and healthy meals to make the most of your weekly food budget.



NEW WORTLEY

### **Costs and how to access:**

Local residents can join the Food Pantry for just £6 per week giving you:

- Each item in the pantry is given either one, two or three points
- For £6 you are given 15 points to spend on food and essentials.
- Access to fresh fruit and veg (completely free)
- Milk, bread, eggs, tins and more
- A chance to save £1 weekly with Leeds Credit Union

# Barca

## LEEDS

## Barca-Leeds

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LS13 3JT

## Get in touch

### Website

[www.barca-leeds.org](http://www.barca-leeds.org)

### Email

[reception@barca-leeds.org](mailto:reception@barca-leeds.org)

### Tel

0113 255 9582

### Socials

 @barcaleeds

 @barcaleedsfb