



Tinned Soup Creation



EQUIPMENT:

Saucepan and hob, microwave

Ingredients and Ideas

- Any tinned soup can become a more substantial meal just by adding hearty ingredients.
- Try a small tin of chickpeas, lentils, or a handful of cooked rice or pasta.
- Any vegetables added into a soup can be blended down to make a smooth soup, then add a sprinkle of cheese or some ripped up toast (cheap croutons!).
- This can all help you feel fuller for longer and use up leftovers.

**Full bellies for longer,
from a Foodbank box.**

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Creative Cookery from a Foodbank Box

Step-by-step instructions to keep cooking simple, interesting and in budget.



Tuna Burgers



EQUIPMENT:

Baking tray, oven



Ingredients:

- 2 small tins of tuna (1 in oil, 1 in water) - both drained
- 1 cup of mashed potato (fresh or instant mash)
- 2 eggs
- Salt, pepper and ½ teaspoon of parsley if you have it
- Drizzle of oil

Method

1. Mix all the ingredients (except the oil) together in a large bowl
2. Add a drizzle of oil to a baking tray and spread it around (to stop burgers sticking)
3. Shape the mixture into burgers and place onto the baking tray
4. Bake at 180-200C for 20 minutes, turning the burgers over after 10 minutes
5. Serve as they are, **or if available**, with salad and bread rolls

✓ Top Tip

You could make these with tinned salmon too!





Corned Beef Hash



EQUIPMENT:

Frying pan and/or saucepan, hob

Ingredients

- **275g** potatoes, cut into cubes (no need to peel) or tinned cooked potatoes, cubed
- **1** onion, sliced
- **225g** can of corned beef
- **1** tbsp oil **or** knob of butter
- Salt/pepper if you have it

Method

1. Boil the cubed potatoes for 5 - 10 minutes, then drain. (Skip this if you are using tinned potatoes.)
2. Fry the chopped onion in a small amount of oil over a medium heat for about 5 minutes.
3. Add the potatoes and roughly crush them with a potato masher or fork.
4. Season if you want to, mix together and cook for about 3 minutes.
5. Add the corned beef and break up roughly with a fork. Stir through and cook for 3-4 minutes.
6. Serve on its own, **or if available**, with salad of green vegetables.

✓ Top Tip:

- Bulk this out with carrots, mushrooms, peas and/or sweetcorn (tinned or frozen) - drain them and add with the potatoes.
- Add eggs: create a small hole in the beef and potato mixture and crack an egg into it (1-2 per person). Cook until white is set but yolk is still runny.



Quick Bean Chili



EQUIPMENT:

Saucepan, hob

Ingredients

- Tin of chopped tomatoes
- Tin of baked beans
- Tin of kidney beans/chickpeas/lentils (any are fine)-drained
- Any extra chopped veg if you have it (fresh, frozen or tinned) e.g. onion, carrot, pepper, celery
- Salt and pepper, mixed herbs, garlic granules, chilli powder if you have them

Method

1. Add the oil to the saucepan over a medium-high heat. Add any chopped veg you are using and cook for about 5 minutes, stirring regularly.
2. Add the tinned tomatoes, baked beans and any extra beans/lentils etc. Add any spices/herbs you have, stir well and simmer on a low heat for 10-15 mins.
3. Serve with rice, pasta, or baked/mashed potatoes.

✓ Top Tip:

- Make it meaty with mince! Add fresh mince before the veg, cooking for 3-4 minutes until browned. Add tinned mince when adding the tomatoes and beans.
- These ingredients will make enough for 2-3 people. If you make too much, freeze extra portions for another day.