

# MAGIC MEALS ON A BUDGET

5 Meals  
with ONLY 9  
Ingredients!

FREE



OYCI



**Hello!**

**We are OYCI, a group of young people who have decided to create a recipe book inclusive to those who are making meals on a budget.**

**We hope you enjoy it.**

*Abigail, Eilidh, Iona, Isla, Livia,*

*Niamh, Robin, and Sonnie*




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## You will need:

### Ingredients

**1 can of mince and onions**

**1 can of vegetables**

**1 can of chopped tomatoes**

**Instant mash**

**Red split lentils**

**Garlic powder**

**Pasta**

**1 can of baked beans**

**Stock Cube**

**Bread**



### Utensils

**Pot**

**Wooden Spoon**

**Fork**

**Hob**

**Bowl**

**Scales**

**Tin Opener**

**Sieve**



**We bought our ingredients in Asda and everything on the list to make the 5 meals cost under £10**

# COTTAGE PIE



## INGREDIENTS

- 125g minced beef OR 60g lentils
- 100g mixed vegetables
- 1 vegetable stock cube
- 70g chopped tomatoes
- 110g mashed potatoes
- 1tbsp vegetable oil

## PREPARATION

1) Cook beef in a pan with oil for around 5 minutes on a medium heat. OR

Fill pot halfway with boiling water and cook lentils for 15-20 minutes.

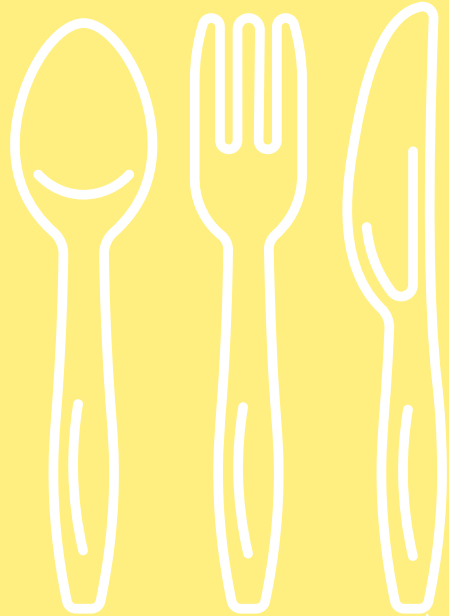
2) Heat tinned veg, chopped tomatoes and stock cube in the pan with beef/lentils.

3) Cook on a medium heat until the mixture has thickened and pour into a microwave safe dish.

4) Make instant mash slightly thinner than the packet suggests and spread evenly across dish.

5) If there is a microwave available, place dish in for a few minutes to heat the cottage pie some more.

6) Enjoy!



# BEANS ON TOAST



## INGREDIENTS

- 2 slices of bread
- Beans

## PREPARATION

- 1) Toast the slices of bread to your liking.
- 2) Pour the beans into a pot and heat to liking.
- 3) Place the heated beans onto the toast or onto the side of your dish.







## INGREDIENTS

- Tin of vegetables
- Half a stock cube
- 30g of lentils
- 2 slices of bread
- 1/4 teaspoon garlic powder

## PREPARATION

- 1) Fill pot with water and bring to a boil. Add the lentils and stock cube and cook for 20 minutes.
- 2) Add vegetables and garlic powder to the pot and cook for 5 minutes.
- 3) Toast bread.
- 4) Serve with toast and enjoy!

# LENTIL AND VEGETABLE SOUP

# LENTIL & TOMATO PASTA

**Cook once, eat twice. Save half the pasta and lentils for another meal with added vegetables.**

## INGREDIENTS

- 160g of pasta
- 1 stock cube
- 200g tinned tomato
- 1 tablespoon of garlic powder
- 60g lentils

**For your second meal add half a can of vegetables.**

## PREPERATION

- 1) Fill the pot up with water. Once the water has boiled put the pasta into the pot. Leave the pasta to boil for 10 minutes and drain.
- 2) Add enough water for 1/2 a stock cube and lentils and cook for 20 minutes
- 3) Add the tomatoes and garlic powder into the pot with the stock cube and lentils and cook for 5 minutes.
- 4) Add the pasta and serve.

This book has been created entirely by young people at OYCI. They are:

Abigail Henderson, Eilidh Budge, Iona Robson, Isla Baillie, Livia Alderson, Niamh Graham, Robin McCann, and Sonnie Salmond.

They chose the ingredients based on research on what items are commonly available at food banks. They developed all the recipes, photographed the food, and designed the book and it's contents.

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