



Recipe Station Cookbook

Low cost recipes for cooking at home



West Leeds
Recipe Station



WHAT IS THE RECIPE STATION?



West Leeds
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 £1.50 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 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.

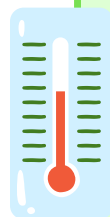


Clean surfaces with a clean cloth and an antibacterial, antiviral spray if you have one.



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.



MINESTRONE 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.

CURRIED CABBAGE

METHOD

1. Put the olive oil, garlic, and ginger into a large pot. Sauté over a medium heat for 1 minute, then add the curry powder and stir.
2. Add the sliced onions to the pot and sauté for 2 to 3 minutes, or just until the onions begin to soften.
3. Add the carrots, cabbage, a 1/4 cup water, and a pinch of salt. Stir to combine and dissolve any browned bits off the bottom of the pot. Continue to stir and cook over a medium heat for 15 minutes, or until the cabbage is tender.
4. Once the cabbage is soft, add the frozen peas (if using) and heat through. Add the butter and stir until melted and coating the vegetables.
5. Finally, season generously with salt and pepper to taste. Top with fresh coriander just before serving.



INGREDIENTS

- 2 cloves garlic, minced
- 1 tsp grated fresh ginger
- 1 onion, sliced
- 2 carrots, sliced
- 1/2 head cabbage, sliced
- 2 tbsp oil
- 2 tbsp curry powder (mild or hot)
- 1 cup frozen peas - optional
- 1 tbsp butter
- Salt and pepper to taste
- 1 handful fresh coriander - optional



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.

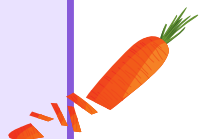
Air fryers are a great alternative to ovens, they act like a small oven but in a much smaller space which means you're using less fuel. Consider your budget as air fryers can be expensive to buy while slow cookers are more affordable.

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



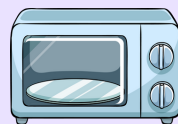
When boiling potatoes and other vegetables, cut them into small pieces to help them cook quicker!

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



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

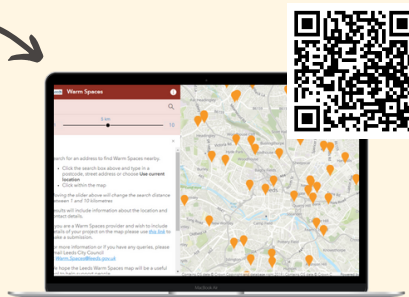
Welcome Spaces are places where people can gather for free in a warm, safe, welcoming place and maybe enjoy a hot drink and some company.

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's website:

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



Care & Repair Leeds



Care & Repair Leeds support people to feel confident and independent in their own homes.

They offer advice and information as well as full home assessments that can help with:

- adaptations like grab rails, accessible showers and ramps.
- small repairs to remove hazards in the home.
- larger repairs like re-roofing or installing new heating systems.

Find out more about the support available from Care & Repair on their website: care-repair-leeds.org.uk
Or give them a call on 0113 240 6009

The Food Store @ New Wortley Community Centre

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



How the food store works:

Choose from a selection of 16 recipes each week! Each meal pack comes with ingredients and a recipe card to make a meal for up to 6 people.

Costs and how to order:

- Vegetarian meals: £1.50
- Meals with meat included: £2.00

Pre-order on Tuesday for collection on Friday between 12pm and 2pm.

The Food Store also has a Food Cupboard where you can get 10 items for £3.50.



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