

Healthy Eating on a Budget

How to create low-cost vegan meals
that are flexible and nutritious

Created by



Registered Charity Number 1190673

Not a Cook?

Not a Problem!

Don't let your worries get in the way of cooking! You don't have to own a chef's hat to create yummy and nutritious, vegan meals on a budget.

It's important to feed your body a well balanced diet to ensure you keep happy and healthy all around.

This little guide is here to help you achieve just that.

Let's dig in!



Falafel Burger

Serves 3-4

Ingredients

- 400g can chickpea, rinsed and drained
- 1 small red onion, roughly chopped
- 1 garlic clove, chopped
- handful of parsley
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp harissa paste or chilli powder (optional)
- 2 tbsp plain flour
- 2 tbsp sunflower oil
- 4 Rolls, lettuce and ketchup to serve



Method

1. Drain a 400g can chickpeas and pat dry with kitchen paper.
2. Tip into a food processor along with the onion, garlic, parsley, cumin, coriander, harissa paste or chilli powder, flour and a little salt.
3. Blend until fairly smooth, then shape into four patties with your hands.
4. Heat sunflower oil in a non-stick frying pan, add the burgers, then quickly fry for 3 mins on each side until lightly golden.

Serve inside a roll with ketchup and salad.

What else works?

Nothing beats a burger, right? Why not try different versions of this delicious and healthy falafel patty

Why not try using:

Instead of chickpeas:

- Black Beans
- Kidney Beans
- Lentils
- Butter Beans
- Rosecoco Beans
- Fava Beans

Instead of Rolls:

- Pitta Bread
- Wraps
- Panini



Add a Rainbow

Why not add some roasted veg (Red Peppers, Mushrooms, Courgette, Aubergines), Tomato, Cucumber or Gherkin to your Burger!

Chilli

Serves 3-4

Ingredients

- 1 x onion
- 2 x garlic cloves
- 1 x tin of tomatoes
- 1 x tin of kidney beans (drained)
- 1 x tin of lentils (drained)
- 2 x tbsp tomato purée (optional)
- Chilli flakes to taste
- 1 x Grated carrot (optional)



Method

1. Chop the onion and garlic & fry gently in 2 tbsp of oil for about 5 minutes until softened.
2. Add the grated carrot if using and stir.
3. Add the chilli flakes and stir so all is mixed evenly through.
4. Add the tomatoes, tomato purée, kidney beans & lentils.
5. Mix and simmer for 10 minutes stirring occasionally.

Serve with rice, cous-cous, over a jacket potato or on top of some toast!

What else works?

Chilli is an incredibly versatile dish, so you can easily experiment and substitute with different legumes, vegetables and sides

Why not try using:

Instead of Kidney Beans & Lentils:

- Butter Beans
- Rosecoco Beans
- Black Beans
- Black Eyed Beans
- Mung Beans
- Fava Beans
- Chickpeas
- Peas

Instead of Carrot:

- Courgette
- Aubergine
- Broad Beans
- Celery
- Mushrooms
- Sweet Potato
- Sweetcorn



Shortcut

Use a vegan ready-package to create a fast & easy chili sauce base!
Simply mix with a tin of chopped tomato or water to create a sauce!

Chickpea Curry

Serves 3-4

Ingredients

- 1 x tin chick peas (drained)
- 1 x onion
- 2 x cloves of garlic
- 1 x tin chopped tomatoes
- 1/2 tin coconut milk
- 2 x tbsp curry powder



*Optional ingredients:
Fresh or tinned vegetables*

Method

1. Chop the onion and garlic and fry on a medium heat in about 2 tbsp of oil for 5 minutes until softened.
2. If you're using fresh veg, then chop and add now and stir in for another 5 minutes.
3. Add the chick peas and mix together. Stir for a couple of minutes.
4. Add the curry powder or mixed herbs and stir well to combine.
Add the tinned tomatoes.
5. If you're using tinned vegetables then add at this point.
Make sure to drain the water out and discard.
6. Stir and let the mixture simmer for 5 - 10 minutes making sure to stir occasionally so the mixture doesn't stick to the bottom of the pan.
7. Add half the tin of coconut milk and stir.

Serve with rice, cous-cous, potatoes or any Asian style noodles!

What else works?

Similar to chilli, a curry can be whipped up in no time and easily be amended to suit any taste and food cupboard

Why not try using:

Instead of chickpeas:

- Lentils
- Split Peas
- Rosecoco Beans
- Butter Beans
- Pinto Beans
- Garden Peas

Add some veggies:

- Mushrooms
- Pak Choi
- Cabbage
- Aubergine
- Mange Tout
- Celery
- Sweetcorn



Top Tip

Omit the Coconut milk and substitute the curry powder for mixed herbs to make a stew!

Mushroom & Lentil 'Mince'

Serves 3-4

Ingredients

- 1 peeled onion, 2 small carrots
- 1 clove of garlic
- 4-5 Button Mushrooms
- 1 tin of Chopped Tomatoes
- 1 tin of lentils
- 2 celery stalks, chopped
- Optional: Teaspoon of marmite, brown sauce and herbs to taste



Method

1. In a food processor, pulse onions, carrot, and garlic & fry on a medium heat.
2. Pulse mushrooms and add to frying pan once onions are softening.
3. After 5 minutes add chopped tomato tin, lentils, chopped celery, teaspoon of marmite, brown sauce and herbs to taste.
4. Cook on the hob to reduce down to desired consistency.

Serve with pasta or top with mash to make a cottage pie.

What else works?

This mushroom and lentil 'mince' is a fast, easy and cheap way to get a full, nutritious flavoursome meal on your plate

Why not try using:

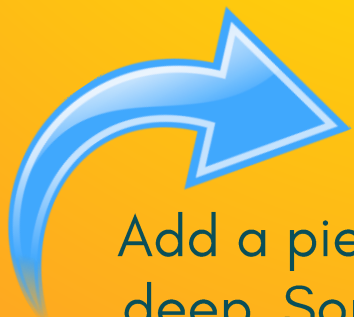
Instead of

Lentils:

- Kidney beans
- Butter beans
- Black Eyed Beans
- Mung Beans
- Chickpeas

Add some Herbs:

- Smoked Paprika
- Harissa Paste
- Chopped chilli
 - Cumin
 - Basil
- Oregano
- Thyme
- Parsley



Top Tips

Add a piece of dark chocolate for a deep, South-American style flavour.
For a Bolognese add olives and capers!

Ideas for ... Bakes

make your own Mix-and-Match bake by using following ingredients:

Chose 1 (all boiled):

- Pasta
- Rice
- Cous-Cous
- Quinoa
- Buckwheat
- Bulgur
- Barley

Chose 2-3 (chopped where necessary):

- Courgette
- Carrot
- Mushrooms
- Broccoli
- Cauliflower
- Cabbage
- Sweetcorn
- Peas
- Beans

Chose 1 Base:

- Coconut Milk
- Chopped Tomatoes
- Passata

Chose as many as you like:

- Oregano, Basil, Thyme, Rosemary
- Ginger, Lemongrass, Soy Sauce
- Smoked Paprika, Onion, Garlic
- Curry Powder, Peri-Peri Sauce
- Ready Package such as Sausage Casserole, Beef Stew, Chilli or similar!

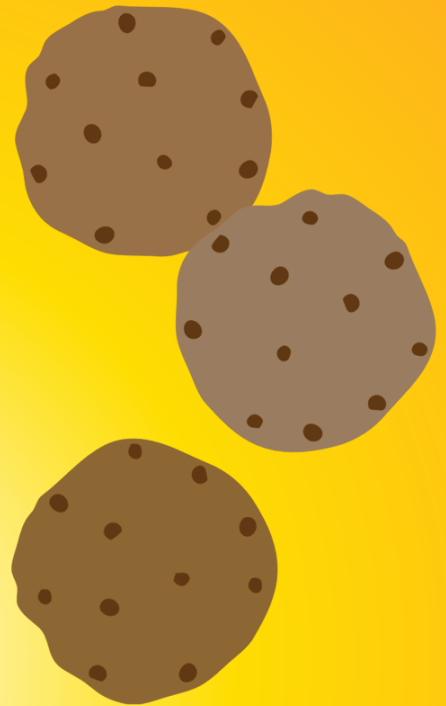
Add all your ingredients to an oven-proof dish & bake at 180 Degrees Celsius for 15-20 min!

Chocolate Oat 'Cookies'

Serves 3-4

Ingredients

- 2 ripe bananas
- 2 tbsp. Coconut oil
- 4 tbsp. Sugar or Golden Syrup
- 1 tsp cinnamon
- 200g chopped vegan chocolate
- 200g oats



Method

1. Mash up the bananas in a bowl and add all other ingredients.
2. Mix well before you spoon the cookies on a baking tray.
3. Put in the oven on 180°C for about 15 to 20 minutes.
4. Keep an eye on them, as they brown fast!

What else works?

Cookies are an easy way to use up bits, like oats, in a fun way get the kids involved in making them!

Why not try using:

Instead of Oats:

- Desiccated Coconut
- Ground Almonds
- Cooked Buckwheat or Quinoa

Other bits:

- Ground Ginger
 - Nutmeg
- Ground Cloves
- Dried Fruit
- Chopped Nuts



Top Tip

To replace eggs in baking, you can use either of the following (each make 1 large egg):

- 2 tbsp water with 1 tbsp oil,
- 3 tbsp Aquafaba (Liquid from Chickpea tin), or
- 1 tbsp chia seeds (whole or ground) with 3 tbsp of water

Cherry Bakewell Mug Cake

Serves 1

Ingredients

- 3 tbsp Flour
- 3 tbsp Sugar
- ½ tsp Baking Powder
- 3 tbsp Plant Milk
- 1 tbsp Vegetable Oil
- 1 tsp Almond Essence
- 1 tbsp Raspberry Jam
- 1 tbsp Icing Sugar
- ½ tbsp Water



Method

1. Mix all ingredients well in large mug.
2. Add one tablespoon of raspberry jam into the middle so it sinks.
3. Cook on full power in the microwave for 2 minutes.
4. While waiting, make a runny icing from icing sugar and water.
5. Once done, put the icing on and enjoy.

What else works?

Mug cakes are a fun, easy and cheap way to treat yourself

Why not try using:

- Vanilla Essence
- Flavoured Plant Milk
- Cherry or Lemon Jam

Try Adding:

- Chocolate Powder
- Chocolate Chips
- Chopped Nuts
 - Coconut
- Peanut Butter
- Cinnamon



Top Tip

For some easy and cheap vegan ice cream to enjoy with your mug cake, freeze a peeled and roughly chopped banana. Once frozen, blend in a food processor until it achieves ice cream consistency.



About us...

Registered Charity Number 1190673

To help those who are struggling with current life, we have come together to create the

Worthing Vegan Food Bank

We have various drop-in donation and claim points throughout Worthing, West Sussex and a volunteer run parcel-delivery service for those self-isolating.

Donations of vegan, non-perishable, in-date food, and hygiene products can be made via our Amazon Wishlist, PayPal, and by appointment.

Thank You



for your Kindness

Food packages and item claims can be made by emailing support@worthingveganfoodbank.co.uk

One more Idea!

Visit Jack Monroe's webpage 'Cooking on a Bootstrap' for plenty of (vegan) recipes and tips at:

<https://cookingonabootstrap.com/category/vegan-recipes>