



Bites on a Budget

Tasty, easy-to-make, affordable recipes



Chichester District
Foodbank
Together with Trussell

Welcome to **Bites on a Budget** – a collection of simple, tasty and affordable recipes designed to help you make the most of everyday ingredients.

Using food bank staples, store cupboard items and affordable fresh produce, these easy recipes prove that good food doesn't have to be complicated or costly.

Created by Anton Korolenko, Head Chef at Waterhaven Place Care Home, these recipes have all been tried and tested (and tasted!) at our local cookery courses by people who have used our food bank.



Budget-friendly cooking tips



Use mixed herbs or spices if you don't have all the individual ones. A jar costs around 60p and lasts a long time.



Add lentils, chickpeas or beans to bulk up dishes like stews, soups, or mince-based meals. They're filling and affordable.



Cook double and freeze extra portions for easy meals later. Label containers with the date and what's inside.



Wash and reuse jars or takeaway tubs for storing leftovers, spices, or dry goods. No need to buy special containers.



Plan meals around what you have: check your fridge, freezer, and cupboards before shopping. Try to build meals around what's already there.



Keep basic flavour boosters on hand: stock cubes, soy sauce, vinegar, and garlic powder are cheap and add instant flavour to meals.



CREAMY CHICKPEA & PAPRIKA SOUP

This hearty soup is a cosy, flavourful dish made with warm spices and simple store-cupboard ingredients.

Ingredients

- 2 tbsp sunflower or vegetable oil
- 1 medium onion, finely chopped
- 4 cloves garlic, sliced or crushed
- 2 tsp paprika
- 2 tsp ground cumin
- 1 pinch dried thyme
- 1 tin chickpeas, drained and rinsed
- 1 tin peeled potatoes, drained and chopped, or 2 medium fresh potatoes, peeled and cut into small cubes
- Pinch of salt & pepper
- Chilli powder (optional)
- 1 tbsp sour cream or plain yogurt, for serving



30 MIN



APPROX 4 BOWLS

Instructions

- Heat a pot on medium heat. Add 2 spoons of oil and onions. Cook on low for 5 minutes, stirring occasionally until the onion is 'sweating'.
- Add garlic and cook for 3 minutes. Add cumin and cook for 30 seconds. Let the veggies get a bit of colour.
- Add chickpeas, potatoes, thyme, paprika, chilli (optional) and 500ml of water or veggie stock.
- Bring to a boil, then simmer for:
 - 15–20 min for raw potatoes
 - 10 min for cooked potatoes
- Season with salt and pepper. Remove from heat and blend until smooth.
- Serve with sour cream or yogurt. Sprinkle with chilli flakes if you like it hot.



CHICKPEA & VEGETABLE CURRY

A healthy, tasty curry that can be made with whatever store-cupboard spices and veggies you have to hand.

Ingredients

- 2 tbsp cooking oil
- 1 medium onion, sliced
- 4 garlic cloves, chopped
- 1 tin (400g / 14oz) chickpeas, drained
- 1 tin (400g / 14oz) chopped tomatoes
- 500g / 1lb diced vegetables (choose from: butternut squash, aubergine, cauliflower, spinach, potato)
- A few tsp of mixed or dried herbs and spices such as cumin, coriander, curry powder or turmeric
- Pinch of salt
- Pinch of dried chilli flakes (optional)



30 MIN



APPROX 4 PEOPLE

Instructions

- Heat a pot and add sliced onions, garlic, and fresh ginger. Fry on medium heat for 5–10 minutes until golden brown.
- Add diced vegetables and cook for 2–3 minutes. Stir in all the spices and cook for 1 more minute.
- Add chopped tomatoes and 100ml water. Simmer for 20–30 minutes until vegetables are tender. Season with salt to taste.
- Garnish with fresh coriander if available.
- Serve with rice, naan bread, or poppadoms.



BEAN & VEGETABLE STEW

Packed full of healthy, affordable vegetables and beans, this stew is also quick and easy to prepare.

Ingredients

- 2 tbsp cooking oil
- 1 medium onion, diced
- 4 garlic cloves, sliced
- 1 carrot, 1 celery stick, and ½ swede, diced (or 1 tin of mixed vegetables)
- ½ cabbage, 2 handfuls of kale or spring greens, finely sliced
- Approx 10 green or runner beans, sliced
- 1 tin chopped tomatoes
- 1 tin white beans
- 1 vegetable stock cube
- Dried mixed herbs
- Pinch of salt & pepper



30 MIN



APPROX 4 PEOPLE

Instructions

- Heat a pot and add 2 tblsp of cooking oil. Fry the diced onion and sliced garlic on medium heat for 3 minutes.
- Add diced carrot, celery, and swede. Cook for 3 more minutes.
- Pour in 1 tin chopped tomatoes and 500ml vegetable stock. Add the dried herbs.
- Bring to a boil.
- Simmer for 15 minutes.
- Add 1 tin of white beans and your choice of greens and green beans. Season with salt and pepper.
- Cook for another 5 minutes.
- Serve with bread on the side for dipping.



HEALTHY VEGETARIAN STROGANOFF

This stew-style dish can be made with your choice of veggies and served with pasta, rice or mash.

Ingredients

- 2 tsp cooking oil
- 1 medium onion, sliced
- 3 garlic cloves, chopped
- 300g / 10½oz mixed vegetables (for example: mushrooms, aubergine, peppers, carrots, courgettes, green beans, leeks, butternut squash), chopped and sliced
- 2 tsp mustard (any type)
- 1 tbsp plain flour
- 100g/3½oz cooked lentils or 1 tin of beans
- 1 tsp dried parsley
- 1 bay leaf
- 1 tsp paprika
- 100ml / 3½fl oz milk, sour cream, or plain yogurt
- Pinch of salt & pepper
- 50g / 1¾oz sliced gherkins or pickled onions (optional)



30 MIN



APPROX 4 PEOPLE

Instructions

- Heat a pot and add oil, onions, and garlic. Cook on medium heat for 5 minutes.
- Add sliced vegetables and stir.
- Sprinkle in flour, paprika, and mustard. Stir well to make a paste.
- Pour in milk or water slowly, stirring to create a sauce. Add the bay leaf.
- Cook gently for 10–15 minutes until vegetables are soft.
- If not using milk, stir in the sour cream or yogurt for a creamy texture.
- Add sliced gherkins or pickled onions (optional) and parsley.
- Season with salt and pepper.
- Serve with pasta, rice or mash.



FRUIT CRUMBLE WITH CUSTARD

This easy-to-make crumble can be made with tinned or fresh fruit and ready-made custard.

Ingredients

- 1 tin of fruit or 4 fresh apples or pears
- 150g / 5½oz plain flour
- 120g / 4¼oz sugar
- 90g / 3¼oz butter or margarine
- 1 tsp ground cinnamon
- 1 tin or pouch of ready-made custard



30 MIN



APPROX 4 PEOPLE

Instructions

- If using fresh fruit, peel and chop apples, pears, or a mix. If using tinned fruit (apples, pears, peaches, etc.), drain the liquid.
- Put fruit in a pot with half the sugar and some cinnamon. Stew on medium heat for 10 minutes, then remove from heat.
- In a bowl, mix chopped butter or margarine with remaining sugar and flour. Rub with hands until crumbly.
- For extra crunch: bake crumble mix on a tray at 200°C for 10 minutes, stirring once. Serve over stewed fruit with custard.
- Or: put stewed fruit in a baking dish, top with crumble, and bake at 200°C for 15–20 minutes until bubbling.
- Serve with custard.



APPLE & FRUIT FLAPJACKS

These delicious soft, fruity flapjacks are simple to make with fresh apple and dried fruit for extra flavour.

Ingredients

- 250g / 9oz oats
- 150g / 5½oz butter or margarine
- 2 apples, peeled and finely chopped
- 50g / 1¾oz dried fruit
- 100g / 3½oz golden syrup (or honey, agave, or maple syrup)
- 100g / 3½oz sugar



30 MIN



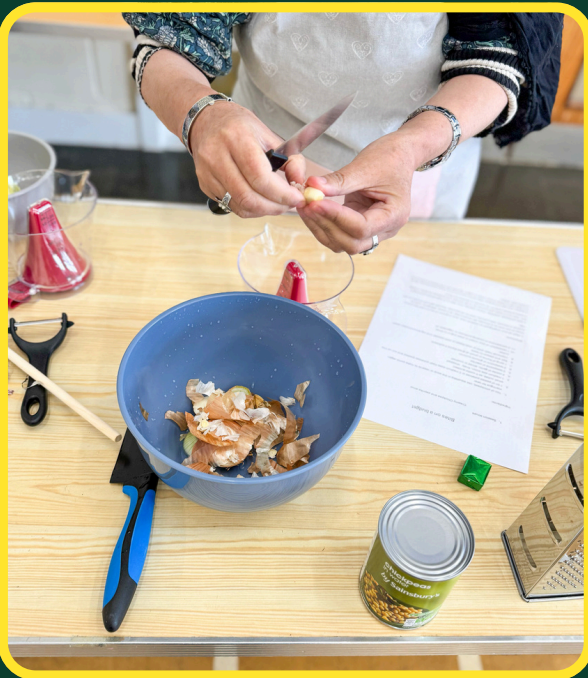
APPROX 4 PEOPLE

Instructions

- In a pot, melt the butter, sugar, and golden syrup over low heat.
- Line a baking tray with paper. Remove the pot from heat and stir in the oats, apples, and dried fruit. Mix well.
- Pour the mixture into a baking tray and press down evenly.
- Bake at 180°C for 20 minutes until golden brown.
- 5 minutes before the flapjacks are done, take the tray out and cut them into squares or bars while still soft.
- Let them cool for 20 minutes, then enjoy!



**Bites on a Budget:
in Chichester and Midhurst**



Bites on a Budget

Chichester District Foodbank would like to thank:

- Ian Williams Ltd and Hyde's Match My Project scheme for funding cookery equipment.
- Chef Anton Korolenko and Waterhaven Place Care Home.
- Swanfield Community Centre and Midhurst Methodist Church for hosting our sessions.
- Our Participation Manager Keely Storey.
- All our enthusiastic attendees in Chichester and Midhurst.

**Made one of our recipes?
We'd love to hear from you!**

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