



MAKE A LITTLE GO A LONG, LONG WAY!

Any Veg Soup



Prep time 5 minutes
Cook time 15 minutes
Makes many servings

- 1 or 2 onions
- any other vegetables
- stock or stock cubes

Chop the onions, then fry in a little oil in a deep pot. When they have softened and sweetened, add the other chopped vegetables, for example carrots or mushrooms or zucchini. When everything has softened add a stock cube and some boiling water. Stir and taste, adjust as needed. As an option the soup can be mixed in a blender.

Soup is a fantastic meal at any time of year. It is always economical and filling. It can be luxurious if cream or sour cream is added.

Stock can be made for free by boiling up meat bones – maximum value!

Sprinkle seeds or croutons on top.

Basic White Sauce



Prep time 5 minutes
Cook time 15 minutes
Makes many servings

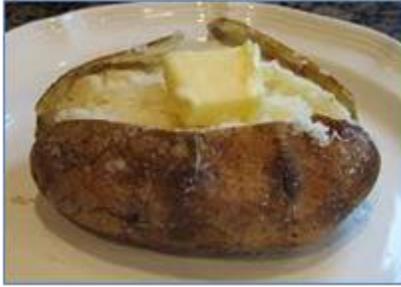
- 2 tablespoons butter or oil
- 2 tablespoons flour
- 1 cup milk

In a small saucepan over medium heat, melt butter. Add flour and stir until the butter and flour are well combined. Pour in milk, stirring constantly as it thickens. Add more milk depending on desired consistency.

Options. By adding cheese this becomes **cheese sauce** for pasta (mac 'n cheese). It can be used as a base for **soup or for pie filling**. Add a can of tuna or salmon to make a fish pie.

This is a basic “foundation” for LOTS of other dishes!

Baked Potato



Prep time 2 minutes
Cook time in oven 30-50 minutes
Cook time in microwave 15 minutes
One potato per person

Wash and dry the potato. Rub the skin with a little oil, then sprinkle on some salt. The cooking time depends on the size of the potato. The potato can be enjoyed with just a little butter or margarine and some salt, but is better with some more stuffing, such as,

grated cheese, or ricotta, or feta, or cheese sauce
beans, broccoli,
sour cream and chives
chopped bacon or sausage
“spaghetti” sauce
caramelised onions
fried mushrooms
olives and olive oil

Potatoes are always good value and are available all year round.

Chili con carne, or veggie chili



Prep time 10 minutes
Cook time 25 minutes
Makes 6 - 8 servings

- 1 lb ground beef or chopped vegetables
- 2 chopped onions
- 1 chopped clove garlic
- 2 teaspoons chili powder
- 1 can tomatoes
- 1 can kidney beans
- 1 chopped red, yellow pepper

Cook the beef or vegetables with a little oil in a deep pan until browned. Then add garlic and chili powder. When the vegetables have softened, add the canned ingredients. Bring to boil, then reduce heat and simmer for approx. 10 minutes. Season with salt, add the chopped peppers.

*This a popular dish with all ages, it is hearty and easy to make. Adding some chick peas makes it go further. Good sides for this are garlic bread and **cole slaw**.*

Crepes sweet or savoury



Prep time 10 minutes
Cook time 20 minutes
Makes many servings

- 1 cup all-purpose flour
- 1 ¼ cups milk
- 1 egg
- pinch of salt

Mix all the ingredients in a blender or with a whisk. Heat a drop of oil in a fry pan. When the pan is hot pour in some batter. It cooks quickly! Flip the crepe to cook the second side.

Options. Serve with almost anything! For a **sweet treat** add, jam, jelly, peanut butter, honey, syrup, nuts. Roll into a cigar shape, add cream or yogurt.

For a **savoury dish** add ham, cheese, smoked fish, sour cream, mushrooms, lentils, spinach. Crepes can be stacked and layered to make *galettes*.

Crepes are versatile, popular, economical, fun and easy to make - get the kids to help!

Johanssen's Temptation



Prep time 10 minutes
Cook time 20 minutes
Makes many servings

- Potatoes
- onions
- 1 tin anchovies
- Some cream

Here is a real winter-warmer from Sweden. It can be a meal on its own or it can accompany another dish. There are very few ingredients and no set amounts for them. As a rough guide, one tin of anchovies will flavour about two pounds of potatoes. The salt from the fish flavours the potatoes beautifully, no extra salt is needed. It is recommend to top with breadcrumbs and cheese because this produces a more attractive dish, and Johanssen was quite particular!

Preheat the oven to approx. 350-400F. Butter an ovenproof dish. Sweat the chopped onion in fry pan until translucent. Slice or grate the potato. Thin cook quick, thicker takes longer! Make layers of potato, onion and anchovy. Pour on the cream. Top with breadcrumbs (and cheese) Bake for approx. 35 to 40 minutes until golden brown and smelling delicious.

Omelette, Frittata



Prep time 5 minutes
Cook time 15 minutes
Makes many servings

- 2 – 3 eggs
- splash of milk/cream

Whisk the eggs and milk, pour onto hot melted butter or oil in a fry pan.

Options. Almost anything can go into an omelette.

Raw ingredients can be cooked first, then have the egg mix poured on top, for example mushrooms, onions, leeks, zucchini.

Left-overs from other meals for example cooked vegetables such as broccoli, corn, carrots. can be added to the egg mix and poured into a greased oven dish and cooked for approximately 30 minutes, this turns them into *frittata*. (There is a similar dish called *strata* where bread is added to the veggies.)

Top with slices of tomato and grated cheese. Brown the top under a broiler or in the oven.

Two for one, lentil soup & dahl



Prep time 5 minutes
Cook time 30 minutes

- 1 cup lentils
- 1 chopped onion
- 4 cups stock *
- Curry powder (optional)

Fry onions until they are soft. Add the lentils and stock. Stir to blend. Ingredients will turn into soup in 10 – 15 minutes. Dilute if need be.

To make dahl reduce the soup (by cooking longer), and add curry powder. Dahl is good hot on boiled rice, or cold as a dip.

Dahl and rice is very filling. The lentils are a good source of vegetable protein. Fried onions, pickles or dried fruit can be added on top for colour and extra bite.

*Stock is also known as broth, bouillon. It can be bought as powder, paste, cubes and liquid. Stock can also be made by simmering a pan of bones and/or vegetable trimmings for 2-3 hours.