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EASY TOMATO SAUCE

- 1. Fry half a chopped onion in oil or butter**
- 2. Add a can of tomatoes**
- 3. Season with salt and pepper**
- 4. Simmer until thick**
- 5. Add a little something extra: tinned fish, a handful of frozen veggies, canned meatballs, or keep it simple**
- 6. Serve with pasta or rice**

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TINNED FRUIT CRUMBLE

- 1. Put 2x tins of fruit and a little of the syrup/fruit juice into an oven proof dish**
- 2. In a separate bowl mix 12 big tablespoons of flour with 6 tablespoons of sugar**
- 3. Add 6 tablespoons of cold butter/spread and use your fingers to rub together**
- 4. Top the tinned fruit with the crumble and bake at 180C**

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POSH FRYING PAN TOASTIES

1. **Butter two slices of bread**
2. **On the non-buttered side add a handful of grated cheese**
3. **On the other non-buttered slice, add a little something extra: a teaspoon of pesto, a teaspoon of baked beans, grated veggies, sliced tomatoes**
4. **Make a sandwich with the butter/ spread on the outside and place butter-side down in a medium-hot frying pan.**
5. **Turn over when one side is golden and finish off the other side.**

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MUG PANCAKES

1. **Add one mug of flour to a mixing bowl**
2. **Add one mug of milk**
3. **Add one egg**
4. **Whisk until all the lumps have gone**
5. **Add a little oil or butter to a hot frying pan and spoon a bit of the batter in**
6. **Once you see bubbles appear on top of the pancake it's ready to flip**
7. **Serve the cooked pancakes with tinned fruit, jam, or even tinned ham and cheese**



RE-FRIED BEAN QUESADILLAS

- 1. Fry onion and 2x garlic cloves in oil or butter with herbs/spices (cumin/paprika/coriander/chilli/oregano work well)**
- 2. Add a tin of drained beans and season with salt and pepper**
- 3. Simmer until thick and cool the mixture down**
- 4. Spread a layer of the refried beans on a tortilla wrap then add a handful of grated cheese**
- 5. Fold the tortilla in half and fry each side in a very small spoon of oil. Once both sides are golden, serve with a salad**

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SPAM FRIED RICE

- 1. Fry an onion in a little oil**
- 2. Add a tin of chopped spam or corned beef to the pan and fry for a few minutes**
- 3. Add a tin of peas/sweetcorn or handful of veggies**
- 4. Add a packet of microwave rice or leftover cooked rice**
- 5. Add one tablespoon of soy sauce and fry until hot**
- 6. Top with a fried egg**

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TINNED BEAN DIP

- 1. Put a tin of drained beans into a blender (cannellini, butter beans, kidney beans)**
- 2. Add 2x cloves of garlic**
- 3. Add a pinch of cumin, a squeeze of lemon juice, salt and pepper**
- 4. Blend adding a little oil until the consistency is smooth**
- 5. Serve with pitta bread, carrots/cucumber/pepper**

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SWEETCORN FRITTERS

- 1. Put a small tin of sweetcorn into a bowl with a quarter of finely sliced onion**
- 2. Add 4 heaped tablespoons of flour, salt and pepper**
- 3. Add an egg**
- 4. Mix together and shape into small fritters**
- 5. Fry in oil until golden brown on both sides**

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SPAM OMLETTE

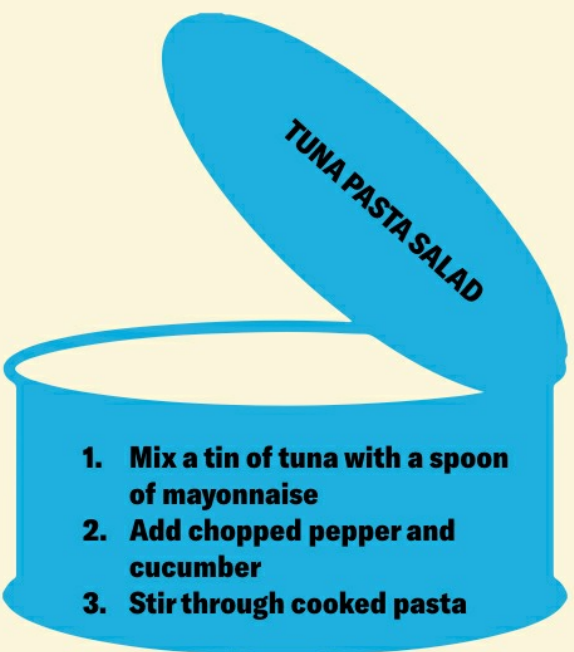
- 1. Fry half an onion with half a tin of spam and/or veggies**
- 2. Whisk 3 eggs with salt and pepper and add to the hot pan, turning the pan until coated**
- 3. Cook for a few minutes and then fold the omelette in half to cook a little more**
- 4. Serve with bread and salad**

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CORNFLAKE CAKES

- 1. Gently melt 50g of butter with 100g of chocolate broken into chunks and 3 tablespoons of golden syrup**
- 2. Once melted, add 100g of cornflakes and mix it up**
- 3. Divide into 12 fairy cake cases and put in the fridge until set**

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MEXICAN BEAN SALAD

- 1. Mix a drained tin of kidney beans and sweetcorn in a bowl**
- 2. Add chopped pepper, tomatoes, and a pinch of coriander**
- 3. Stir through a little oil and a squeeze of lime juice**



TUSCAN BEAN GRATIN

- 1. Chop and fry 1 onion, garlic clove, celery stick and carrot 10-15mins**
- 2. Add 1 tin tomatoes + 2 tins cannellini beans (drained) and season. Simmer for 10mins**
- 3. Serve with jacket potato or put in an oven-proof dish, sprinkle with breadcrumbs and cheese and bake for 20-30mins until brown.**

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FISH CAKES

- 1. Mix together cold leftover mashed potato with a tin of fish**
- 2. Shape into balls in the palm of your hand**
- 3. Coat each ball in a beaten egg, then breadcrumbs and flatten**
- 4. Fry on both sides in a little oil until golden and serve with a green salad**

VEGGIE SOUP

- 1. Fry an onion/leek with a selection of veggies**
- 2. Cover with boiling water and add a stock cube**
- 3. When the veg is soft, blend or enjoy chunky with bread**

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BROCCOLI CHEESE

- 1. Melt 25g of butter in a pan and add 25g of flour, stirring until smooth**
- 2. Slowly add milk until you have a thick sauce, and season**
- 3. Melt in 2-3 handfuls of grated cheese**
- 4. Pour over steamed/roasted broccoli pieces and bake in the oven until bubbling**
- 5. Serve with pasta or jacket potatoes**

BEAN BURGERS

- 1. Mash a tin of beans in a bowl with a fork (cannellini or butter beans work well)**
- 2. Add 5 tablespoons of flour or oats, 1 egg, 1 tsp of smokes paprika and garlic powder, salt and pepper**
- 3. Mix well and form into burger patties**
- 4. Place the patties in the fridge for 15 mins**
- 5. Add oil to a pan and cook on each side for 5 minutes**
- 6. Serve with your favourite toppings in a burger bun, potato wedges or a salad**

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