



BROKEN
to Brilliant

frugal food

less than eleven



Feed a family of 4 on less than \$11 a day



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Written by Andrea Miller and Kate Smith
On behalf of the charity Broken to Brilliant

BROKEN *to Brilliant* 

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tasted, tried and tested stories for frugal food

Testimonials

“ I'd just like to say a huge thank you for the Frugal Food menus, food plan and shopping list. I find it hard to find nutritious ways to feed my family, especially when my budget is so tight. With the recipes on hand I was able to feed my family without the stress of hunting for a recipe or overpaying for ingredients that I'll never use again. My family is happy, enjoying the variety of delicious food and I'm definitely loving it. This has really opened my eyes into a world of value cooking and I could not be more grateful to have this little power tool in my kitchen.

10/10 would recommend!

jess brisbane, qld

This book was created for those wanting to feed their family on a budget.

Whether you are a:

Domestic Violence Survivor who is creating a new chapter in your life

Single Parent who is trying to make ends meet on one income

Student who is working limited hours due to studying commitments

New trainee in the workforce who is saving for their first car

Someone saving for a special holiday or house deposit

Pensioner on a fixed income

Or anyone who could benefit from having menus, recipes and shopping lists ready to go.

Frugal Food is for you

We have been there, and this is how we are paying it forward,

recipes that we used when life was tough.



Thank you.

foreword

“ As Directors of the charity Broken to Brilliant who work with women, children and men who have safely left an abusive relationship and wish to rebuild happy, healthy and successful lives, we found there was a need for many Domestic Violence survivors to live on a very tight budget. One of the areas we could help with budgeting is with the weekly menu and shopping.

Frugal Food was developed by collating menu plans, recipes, shopping lists, tips and ideas we used as single parents after leaving abusing relationships. It also forms part of the Broken to Brilliant’s “Pay it Forward” Philosophy.

We hope you and your family enjoy many benefits from Frugal Food ”

Kate and Andrea

shopping list

Quantity	Two-week shopping list	Cost 01/03/2019/	Check
1	Bicarbonate Soda 500g	\$2.30	
1	Imitation Vanilla Essence 200ml	\$1.95	
1	Freezer Bags Medium 80 pack	\$0.60	
1	Pasta Cannelloni 250g	\$2.50	
1	Pasta Spirals 500g	\$0.65	
2	Rolled Oats 1kg	\$3.30	
1	Wheat Breakfast Biscuits 800g (approx. 52) (if the larger 1kg (66) or 1.2kg pack is on special for \$4.00 buy it)	\$4.00	
1	Vegetable Stock Powder 168g	\$3.00	
1	Nutmeg 25g	\$2.00	
1	Cinnamon 25g	\$1.25	
1	Taco Seasoning Mix 35g	\$1.30	
1	Mild Curry Powder 50g	\$1.65	
2	Diced Tomatoes 800g	\$3.00	
1	Italian Passata 700g	\$1.55	
1	Sunflower Oil 750ml	\$2.25	
1	Chickpeas 375g	\$1.80	
1	Brown Lentils 1kg	\$4.40	
1	Long Grain Rice 2kg	\$2.80	
1	Sweetened Condensed Milk 397g	\$1.60	
1	Condensed Tomato Soup Can 420g	\$0.80	
1	Baking Powder 125g	\$2.00	
1	White Plain Flour 2kg	\$1.80	
1	Sugar 2kg	\$1.80	
1	Desiccated Coconut 500g	\$3.00	
1	Custard Powder 350g	\$1.00	
1	Creamed Corn 420g	\$0.95	
1	Corn Kernels 420g	\$0.90	
1	Soy Sauce 500ml	\$1.90	
1	White Vinegar 2 litres	\$1.20	
4	Apple Pie Slices Canned 410g	\$8.00	

Fruit and Vegetables			
1	Carrots Prepacked 1.5kg	\$2.00	
1	Onions Prepacked 1kg	\$2.50	
3	Green Zucchini Approx. 150g	\$3.00	
1	Tomatoes Prepacked 1kg (approx. 8 tomatoes)	\$6.00	
1	Fresh fruit in season approx. \$3.50 per kilo purchase 1kg e.g pears, apples, banana,	\$3.50	
1	Garlic approx. 60g	\$1.50	
1	Apples Prepacked 1kg	\$4.00	
1	Lemon	\$0.80	
Cold and Frozen Items			
2	Full Cream Milk 3 litres	\$7.20	
1	Thickened Cream 600ml	\$3.00	
1	Frozen Portions 250g - SPINACH	\$1.00	
2	Frozen Australian Carrots Peas and Corn 1kg	\$6.00	
1	Australian Tasty Cheddar Cheese Block 1kg	\$7.70	
2	Eggs 12 pack	\$7.40	
1	Whole Chicken approx. 1.8-2kg	\$6.90	
1	Butter 500g	\$5.00	
1	Smooth Ricotta 375g	\$3.00	
1	Beef Mince 1kg	\$9.00	
Bread			
5	5 Sandwich Bread Loaf 680g (white, brown or wholegrain)	\$6.50	
1	Soft wraps 8 pack	\$2.25	
TOTAL		\$153.50	

1st fortnight of menus

Week 1	SUN	MON	TUES	WED	THURS	FRI	SAT
Breakfast	Wheat Breakfast Biscuit / Porridge/ Pancakes	Wheat Breakfast Biscuit / Porridge/ Pancakes	Wheat Breakfast Biscuit / Porridge/ Pancakes	Wheat Breakfast Biscuit / Porridge/ Pancakes	Wheat Breakfast Biscuit / Porridge/ Pancakes	Wheat Breakfast Biscuit / Porridge/ Pancakes	Wheat Breakfast Biscuit / Porridge/ Pancakes or Eggs on toast
Morning Tea	Home baked biscuits Fruit in season	Home baked biscuits Fruit in season	Home baked biscuits Fruit in season	Home baked biscuits Fruit in season	Home baked biscuits Fruit in season	Home baked biscuits Fruit in season	Home baked biscuits Fruit in season
Lunch	Hunza pie	Chicken sandwiches	Chicken and carrot sandwiches	Tomato sandwiches	Egg and carrot sandwiches	Cheese sandwiches	Left over lunch
Afternoon Tea	Home baked biscuits Half an apple cut into pieces and carrot sticks	Home baked biscuits Half an apple cut into pieces and carrot sticks	Home baked biscuits Half an apple cut into pieces and carrot sticks	Home baked biscuits Half an apple cut into pieces and carrot sticks	Home baked biscuits Half an apple cut into pieces and carrot sticks	Home baked biscuits Half an apple cut into pieces and carrot sticks	Home baked biscuits Fruit in season
Dinner	Slow cooked chicken and rice (save left over stock)	Chicken and Zucchini Slice	Spinach and Ricotta Cannelloni	Quick Quiche	Mexican Rice	Stir Fried Mince and Rice	Lentil and Vegie Patties
Desert	Apple Cake and custard	Apple Cake and custard		Apple crumble	Apple crumble		Pancakes

Week 2	SUN	MON	TUES	WED	THURS	FRI	SAT
Breakfast	Wheat Breakfast Biscuit / Porridge/ Pancakes or Pancakes	Wheat Breakfast Biscuit / Porridge/ Pancakes or Pancakes	Wheat Breakfast Biscuit / Porridge/ Pancakes or Pancakes	Wheat Breakfast Biscuit / Porridge/ Pancakes or Pancakes	Wheat Breakfast Biscuit / Porridge/ Pancakes or Pancakes	Wheat Breakfast Biscuit / Porridge/ Pancakes	Wheat Breakfast Biscuit / Porridge/ Pancakes or Eggs on toast
Morning Tea	Home baked biscuits Fruit in season	Fruit in season Oat biscuits	Fruit in season Oat biscuits	Fruit in season Apple Cake	Fruit in season Apple Cake	Home baked biscuits Fruit in season	Home baked biscuits Fruit in season
Lunch	Hunza pie	Egg Sandwiches	Tomato and left-over mince sandwiches	Tomato sandwiches	Egg Sandwiches	Egg Sandwiches	Left over lunch
Afternoon Tea	Home baked biscuits Fruit in season	Home baked biscuits Fruit in season	Home baked biscuits Fruit in season	Home baked biscuits Fruit in season	Hummus flat bread Fruit in season	Hummus and flat bread Fruit in season	Hummus on Wheat Breakfast Biscuit Fruit in season
Dinner	Zucchini and carrot savoury Slice	Mince, Lentil and Vegie Curry	Echidnas	Beef and Lentil Pasta	Corn Fritters	Vegie Fried Rice	Dipping eggs
Desert	Apple crumble	Apple crumble		Apple and Custard	Apple and Custard		

Tips for budget cooking and managing the food for this fortnight of cooking

Budget cooking means bulk recipes, portion control and using less expensive items such as lentils to add the protein to a meal but at a much cheaper cost. It also means you need to get ready with food preparation.

GET READY FOR THE FORTNIGHT BY:

- Cut up cheese into 6 even blocks so it is allocated ready for each meal
- Soak the chick peas overnight, keep the bag for cooking instructions. Cook and cool the chickpeas and divide into 1 cup bags of cooked chickpeas. Place half the bags in the fridge and the other half in the freezer.
- Soak the brown lentils overnight, keep the bags for cooking instructions. Top up with water in the morning. Cook and cool and divide into 1 cup bags of cooked lentils. Place half in the fridge and the other half in the freezer
- Freeze 4 loaves of bread (or put aside the money to buy fresh when needed)
- Divide up the mince into
 - 1 x 200g bag for the Stirred Fried Mince
 - 1 x 200g bag for the Mince, Lentil and Veggie Curry
 - 1 x 200g for the Beef and Lentil Pasta
 - 1 x 200g for the Rice and Mince
 - 1 x 200g for the Echidnas
- Take the spinach out of the freezer the morning of cooking the spinach cannelloni
- Use only 3 eggs for the sandwiches as the carrot and mayonnaise makes it go further
- Freeze any leftovers for cook free meals
- I was able to make 5 sandwiches for the chicken and egg sandwiches – add the extra quarter so it can be eaten for morning tea, or put in the extra sandwiches in the freezer, so at the end of the week there will be 4 frozen sandwiches for afternoon tea or an easy dinner.

IF THERE IS ADDITIONAL MONEY IN THE BUDGET:

- Swap white bread for wholemeal bread
- Purchase ham to add to the quiche or for sandwiches
- Always add more fruit and vegetables as you can afford them, with the aim of eating 2 fruits and 5 serves of vegetables or more each day per person.
- Look at putting the money aside to purchase your bread and/or milk every 1 or 2 days as the popular supermarkets offer all children a free piece of fruit in store during each visit



breakfast

porridge



Ingredients

FOR BASIC PORRIDGE (BASE RECIPE)

2 cups / 180g rolled oats (preferably wholemeal)
2 ½ cups / 600ml milk (preferably full cream or fortified with vitamins)

Instructions

Place the oats and the milk in a large saucepan over a medium heat.

Add a tiny pinch of salt and use a wooden spoon to stir

Slowly bring to a simmer for 5 to 6 minutes, stirring as often as you can to give you a smooth creamy porridge

For a thinner porridge add more milk until you get the consistency you like

This can be made in a small slow cooker overnight

Top with pie apples for sweetness or fresh fruit and nuts

REFERENCE

© JAMIE OLIVER ENTERPRISES

<http://www.jamieoliver.com/recipes/fruit-recipes/porridge-lots-of-ways/>

pancakes

Ingredients

1 ½ cups milk
1 egg
2 tsp vanilla essence
2 cups self-raising flour (make with plain flour, adding 2 tsp baking powder per 1 cup of plain flour)
¼ tsp bicarbonate of soda
⅓ cup caster sugar
25g butter, melted



Instructions

Whisk milk, egg and vanilla together in a jug. Sift flour and bicarbonate of soda into a bowl. Stir in sugar. Make a well in centre. Add milk mixture. Whisk until just combined. Heat a large non-stick frying pan over medium heat. Brush pan with butter. Using ¼ cup mixture per pancake, cook 2 pancakes for 3 to 4 minutes or until bubbles appear on surface. Turn and cook for 3 minutes or until cooked through.



Tips

Cook the lentils and freeze into 1 cup lots. This will make the rest of the weeks cooking quicker and easier

dinner

slow cooked chicken

Ingredients

- 1 whole chicken
- 1 onion quartered
- 2 cloves garlic quartered
- 2 large carrots cut into large pieces
- 2 tbs soy sauce
- Pepper and salt
- 8-10 cups of water, the water needs to cover the chicken
- 1 tsp of stock powder per cup of water



Instructions

Place chicken in a slow cooker. Add onion, garlic, carrots, salt, pepper, soy sauce and cover with water. Cover and cook 4 hours on high or 8 hours on low settings. Remove chicken from stock and use for other recipes (slow cooked chicken and rice, sandwiches and zucchini and chicken slice). Strain vegetables from stock and keep. Freeze the stock.

TIPS

Keep the carrot, onion and garlic, vegies from the stock, mash and freeze. Use these in the lentil patties or the curry. Stock is made from powdered stock and water, 1-2 tsp of stock powder per cup of water.

slow cooked chicken and rice

Ingredients

- 2 cups of cooked rice (½ cup per person) flavoured with chicken / vegie stock powder
- 2 chicken drumsticks and 2 chicken thighs (from the slow cooked chicken)
- 2 cups of frozen peas, corns and carrots

Instructions

Cook rice with chicken / vegie stock flavour
Stir in heated mixed vegies.
Top each plate with one chicken drum stick or one thigh.



zucchini and chicken slice

Ingredients

1 zucchini - grated
3 egg beaten
1 cup self-raising flour (make with plain flour, adding
2 tsp baking powder per 1 cup of plain flour)
1 onion grated
¼ cup milk
50g butter, melted
200g / ¾ cup grated cheese
½ cup shredded chicken



Instructions

Combine dry ingredients into one bowl.
Spoon into buttered loaf can and cook in moderate oven for 30-40 mins.
Serve hot or cold.

spinach ricotta cannelloni

Ingredients

250g cannelloni
250g frozen spinach thawed
225g fresh ricotta cheese (saving the
remaining cheese for the quick quiche)
2 egg yolks
1 clove garlic crushed
½ cup cheese (plus extra for serving)
Optional (pinch of nutmeg)
Salt and pepper to taste
700g bottle of Italian passata sauce
1 tsp basil leaves (optional – from the garden)



Instructions

Mix spinach, ricotta cheese, egg yolks, garlic, grated cheese, (optional nutmeg), salt and pepper together thoroughly in a medium sized bowl.
Fill cannelloni tubes with the prepared mixture, only fill the tubes about ¾ full.
Grease an oven proof baking dish and pour layer of sauce over the base leaving enough to cover cannelloni.
Place a single layer of filled cannelloni side by side in the baking dish.
Pour over the remaining sauce. Sprinkle with grated cheese.
Bake in oven at 200°C for 25-35 minutes (test by pricking with a skewer).

quick quiche

Basic quiche ingredients

200g / $\frac{3}{4}$ cup cheese
4 eggs
 $\frac{3}{4}$ cup cream
 $\frac{3}{4}$ cup milk
150g ricotta (left over from cannelloni recipe)
Salt and pepper to taste
Crusts from the loaves of bread

QUICHE FLAVOURS

2 Chopped tomatoes
Finely chopped onion (small amount)



Instructions

Preheat oven to 180 degrees C.

Roll bread with a pastry roller, butter and press into muffin cans, butter side down and bake 3-5 mins until light brown.

While the toasted shells are cooking put the eggs into a bowl and briskly whisk then add in all other ingredients and mix well.

When toasted shells are lightly brown, remove from oven, pour in the wet ingredients and bake for a further 15 mins, until the centre of the quiches are firm.

mexican rice

Ingredients

1 cup long grain rice
2 cups of stock (500ml)
Packet of Mexican mix/Taco Seasoning Mix
400g diced tomatoes (about 4 medium tomatoes)
400g pre-cooked chick peas
or pre-cooked lentils
1 cup of frozen vegetable



Instructions

Combine all ingredients, except frozen vegetables and bring to the boil. Cover reduce the heat and simmer for approximately 12 minutes. Stir occasionally.

TIP

Stock is made from powdered stock and water, 1-2 tsp of stock powder per cup of water.

stir fried mince and rice

Ingredients

2 cups of cooked rice
200g mince
1 cup of pre-cooked lentils
1 onion finely chopped
1 clove garlic finely chopped
1 cups of peas, corns and carrots
1 grated carrot
Soy sauce
Pepper and salt to taste



Instructions

Heat a non-stick pan, add oil and gently fry onion until transparent.
Add mince and fry until brown.
Add, mixed frozen vegies until cooked through.
Add soy sauce to taste.
Add grated carrot heat through.
Boil rice, when cooked, stir the cooked rice through the mince dish.

VARIATIONS

Add coriander, chilli to taste, lime / lemon juice, bean sprouts, capsicum and / or celery.

lentil and vegie patties

Ingredients

125g pre-cooked brown lentils
125g pre-cooked chick peas
1 cup frozen vegies
1 large onion finely chopped
2 large carrots grated
10 Wheat Breakfast Biscuit cereal blocks crushed
4 eggs
2 tbs flour
¼ to ½ tsp curry powder
salt and pepper to taste
a little vegetable oil for frying



Instructions

In a large mixing bowl add half of the crushed Wheat Breakfast Biscuit.

Add cooked lentils, chickpeas, onion and carrots to the large mixing bowl.

Add the curry powder, salt and pepper.

Stir well.

Lightly whisk 2 eggs with a fork and add to the mixture and combine thoroughly, (if the mixture is too dry add 1 tbs water).

In a separate bowl add some flour.

Whisk the remaining eggs in a bowl and set aside.

Take 1 tablespoon of the mixture and shape into a pattie, place each pattie into the flour, then the egg mixture making sure the egg coats the entire pattie, then cover the pattie with the crushed Wheat Breakfast Biscuit.

On a medium heat, shallow fry the patties in a little oil until each side is golden brown.

Drain the patties on paper towel to absorb any excess oil.

hurza pie

Ingredients

1 cup of cooked rice

1 zucchini

2 cups of onion and cheese sauce

1 tomato

1 cup of frozen peas, corns and carrots

¼ cup cheese

Instructions

Dice and fry vegies, until just cooked,
Combine cooked rice, vegies and onion
and cheese sauce.

Place in a casserole dish, top with sliced
tomato and cheese.

Bake in a moderate oven for 15-20 mins



onion and cheese sauce

Ingredients

50g butter
1 onion
5 tbs plain flour
600ml warm milk
salt and freshly ground black pepper
½ cup cheese



Instructions

Melt the butter in a small saucepan, stir in the finely diced onion, cook until the onion is transparent.

Stir in the flour. Cook, stirring continuously, for 1 minute, until the mixture forms a smooth 'roux'.

Remove the pan from the heat and gradually pour in the warm milk, stirring or whisking constantly. Return the pan to the heat and bring to the boil, still stirring or whisking.

Reduce the heat and simmer the white sauce gently for 2 minutes, stirring occasionally, until it is smooth and thick. Add grated cheese.

Season to taste with salt and pepper.

VARIATION - ADDITIONAL ITEMS TO PURCHASE IF AVAILABLE FUNDS

Cheese in total for this recipe is 150-200g.

Add ½ cup cooked pumpkin and /or sweet potato.

zucchini and carrot savoury slice

Ingredients

200g / ¾ cup cream
3 eggs
Salt and pepper to taste
1 grated zucchini
1 grated carrot
1 grated onion
150g grated cheese

Instructions

Trim the ends of the zucchini, leave unpeeled and grate the zucchini, cheese, carrot and onion.

Beat eggs.

Combine all ingredients.

Preheat oven to 180 degrees C.

Cook in a well-greased loaf can, line with baking paper.

For approx. 40 mins, until the centre of the slice is firm.



VARIATION - ADDITIONAL ITEMS TO PURCHASE IF AVAILABLE FUNDS.

Add ham or bacon.

mince, lentil and veggie curry

Ingredients

2 tbs butter
1 onion, finely diced
2-3 cloves garlic finely chopped
Curry powder (if you have a range of spices, use these spices instead 2 tsp ground cumin, 2 tsp ground coriander, 2 tsp ground paprika, 1 tsp garam masala)
200g beef mince
1 can / 800g diced tomatoes
1litre stock
1 bunch English spinach (or 250g packet frozen spinach) or add carrots and zucchini, frozen vegies 2 cups
1 ½ cups pre-cooked brown lentils
Fresh coriander (optional)
2 cups rice



VARIATION - ADDITIONAL ITEMS TO PURCHASE IF AVAILABLE FUNDS.

If available you can add 1 finely chopped green chilli, 1 finely chopped red chilli or add some chilli powder to taste and 2cm piece fresh ginger grated.
If you have extra cooked chickpeas in the freezer add these as well.

Instructions

Sauté onions in oil until golden. Add garlic (optional ginger), stir until softened. Add dry spices, stir through, remove.

In a little more butter (oil) brown the mince, breaking it up until cooked through.

Return onion/spice mixture and combine.

Add canned tomatoes, pre-cooked brown lentils and stock. Bring to boil, reduce heat and simmer, covered, for one hour, stirring now and then.

Add grated carrot and zucchini (If using fresh spinach, rinse, remove stalks and shred, tossing through mince at the end of the hour. If cut finely it'll cook in the mince. If using frozen spinach, have it defrosted and ready to add at the end of the hour.

Season with salt and pepper and serve over rice.

TIP

Stock is made from powdered stock and water, 1-2 tsp of stock powder per cup of water.

echidnas

Ingredients

200g mince
1 cup pre-cooked brown lentils
1 finely chopped onion
½ cup uncooked rice
Finely chopped parsley (if available in the garden)
Pepper and salt to taste
2 ½ cups of stock
1 can 420g of tomato condensed soup
2 cups of frozen peas, corns and carrots
1-2 grated carrots
2 crushed Wheat Breakfast Biscuit to help bind the mince and rice
2 tbs plain flour



Instructions

Combine mince, onion, rice, pepper and salt, parsley or dried herbs, crushed breakfast biscuit and flour.

Shape into balls about the size of a soup spoon.

In a large saucepan bring the soup and stock to boil add grated carrots.

Drop in the meatballs.

Cover and simmer for 25 mins.

Add frozen vegies and cook for a further 5 mins.

These are called Echidnas as the rice sticks out of the meatballs.

TIPS

Stock is made from powdered stock and water, 1-2 tsp of stock powder per cup of water.

beef and lentil pasta

Ingredients

300g pasta
1 tbs butter
1 onion finely chopped
1 garlic clove crushed
200g minced beef
1-2 carrots grated
1 cup of frozen, peas, carrots and corn
800g can chopped tomatoes
¾ cup stock
1 cup pre-cooked brown lentils
Grated cheese to serve



Instructions

Cook the pasta according to packet instructions or until al dente.

While the pasta is cooking, heat the butter in a large frying pan over medium heat and sauté the onion and garlic until fragrant. Cook for a further 2-3 minutes or until the onion are soft (mushrooms can be added).

Add the beef and brown all over, separating the mince with a wooden spoon as it cooks.

Add the vegetables and cook for 2-3 minutes.

Add chopped tomatoes and stock. Bring to the boil, reduce the heat and simmer, stirring occasionally, for around 15 minutes or until the liquid has reduced.

Add the pre-cooked lentils and parsley and cook for a further 5 minutes.

Serve with the pasta and cheese.

TIPS

Stock is made from powdered stock and water, 1-2 tsp of stock powder per cup of water.

corn fritters and tomato salsa

Ingredients

½ cup plain flour

1 tsp baking powder

2 eggs

¼ cup milk (add a little more if too thick)

1 x 420g corn kernels drained (save the corn juice)

1 x 420g creamed corn

Oil for frying (delete from the variations)



Instructions

Mix flour, baking powder and salt into a mixing bowl.

Add beaten egg, creamed corn and corn kernels mix well.

Heat 1–2 tbs of oil in a non-stick frying pan. Place tablespoons of the corn fritter mixture into the pan.

Cook over a medium heat for 2-3 minutes.

Turn and cook the other side for a further 2-3 minutes until fritters are golden and cooked through.

VARIATION

To make this a little different each time or to add more flavour, you can add parsley, chives, dried herbs, onion to taste, grated zucchini, capsicum and / or celery.

SALSA

1 onion (diced)

2 tomato (diced)

VARIATION - ADDITIONAL PURCHASES IF FUNDS AVAILABLE.

In the salsa you can add parley chives, avocado, capsicum and / or celery.

vegie fried rice

Ingredients

3 cups cooked rice*
2 tbs canola oil
3 cups frozen vegies - peas, corns and carrot
1 cup finely chopped onions
1 cup cooked chick peas
4 cloves garlic minced
3 - 4 tbs soy sauce, to taste



Instructions

Heat oil in a large non-stick wok (or large, deep skillet) over medium-high heat. Add onions, garlic and sauté for 3 minutes, add vegies, chickpeas and cook through. Stir in rice and soy sauce cook and toss for 2 minutes. Serve warm. It also works best if you can prepare the rice a day in advance.

OPTIONS

Add 2 large eggs if available, move veggies over to one side of the pan, crack eggs into opposite side and scramble, cook through and combine with rice mixture.



cakes AND sweets

apple cake

Ingredients

150g butter, softened
2 cups stewed apples / half a can (save the remaining apples in an air tight container in the fridge)
1 cup sugar
2 eggs
2 cups plain flour sifted
5 tsp baking powder
2 tsp cinnamon

Instructions

Preheat oven to 140 degrees C.
Grease a square cake can.
Combine all ingredients in a bowl and stir well. Pour into the prepared cake can.
Bake in the pre heated oven for 45 minutes or until cooked through.

ALTERATION

Place mixture into 6 muffin cans and the rest of the mixture into a loaf can.
Spoon a small amount of apple onto the top of the mixture in the loaf can.
Sprinkle all cakes with the cinnamon sugar.
Mix 1 tsp cinnamon and 1 tsp caster sugar.



apple crumble

Ingredients

2 cans of apples
2 tbs butter
¼ cup packed brown sugar or castor sugar
2 tsp plain flour

CRUMBLE TOPPING

1 cup coconut
1 cup crushed Weetabix (approx. 5 Wheat Breakfast Biscuit)
½ cup rolled oats
¼ cup sugar
½ cup plain flour
80g butter



VARIATION

Add ½ tsp of cinnamon to the crumble mix.
If you have any uneaten apples, then add these to the apple mix.

Instructions

Preheat oven to 180°C and grease a baking dish with butter.

In a bowl mix the apples, sugar and flour and pour into baking dish.

Place all of the topping ingredients into a bowl and mix until it starts to form clumps.

Once the topping mixture is thoroughly mixed, place over apple layer.

Bake in an oven for 30-40 min or until it is golden brown.

Remove apple crumble from the oven and let stand for 10 min.

Serve with custard.

custard

Ingredients

¼ cup custard powder

2 ½ cups (625ml) milk

2 tbs caster sugar

Instructions

Combine custard powder and ¼ cup of the milk in a small jug. Stir until smooth.

Place custard mixture, sugar and remaining milk in a small saucepan over medium-low heat, stirring constantly until custard comes to the boil and thickens. Simmer, stirring for 1 minute.



basic biscuit dough

Ingredients

500g butter

1 can condensed milk

½ cup sugar

4 ½ cups plain flour

5 tsp baking powder

Instructions

Cream the sugar and butter, add condensed milk, flour, baking powder.

Divide the biscuit dough into 4.



PLAIN BISCUITS

¼ of the dough can be plain biscuits.

CUSTARD BISCUITS

¼ of the dough add 3 tbs of custard powder, mix well and add single drops of milk at a time until a nice ball of dough forms.

COCONUT BISCUITS

¼ of the dough add ⅔ cup of desiccated coconut, mix well and add single drops of milk at a time until a nice ball of dough forms.

CUSTARD, COCONUT AND OAT BISCUITS

¼ of the dough add ⅓ cup coconut, ⅓ cup oats, 3 tbs of custard powder, mix well and add single drops of milk at a time until a nice ball of dough forms.

Instructions

Place 1 tsp size balls onto a flat oven tray, use baking paper to prevent the biscuits sticking or grease the tray.

Bake in moderate oven approx. 180°C until golden brown for 10-15 minutes.

EXTRA RECIPE IF ENOUGH INGREDIENTS

coconut and oat biscuits

Ingredients

250g butter
¾ cup brown sugar (substitute white sugar if you do not have this)
¾ cup white/caster sugar
2 eggs
1 tsp vanilla essence (if not available leave out)
2 cups (250g) self-raising flour (make with plain flour, adding 2 tsp baking powder per 1 cup of plain flour)
2 cups (185g) rolled oats
1 cup desiccated coconut



Instructions

Preheat oven to 180°C.

In a medium mixing bowl cream butter and sugars. Add eggs and vanilla mix until blended. Set aside.

In a separate bowl combine the self-raising flour and oats then combine. Add coconut. Combine wet and dry ingredients until moist.

Drop a large teaspoon of biscuit mix on greased baking tray or glad bake about 2 to 4cm apart.

Bake for 10 minutes or until golden. Remove from oven immediately. If overcooked the biscuits become hard.

extras

easy mayonnaise

Ingredients

1 large egg at room temperature
1 tbs white vinegar
¼ tsp salt, or more to taste
1 cup (240ml) oil
1 tsp fresh lemon juice, (optional)
1 tbs Dijon mustard (optional)

Instructions

Add egg, vinegar, and salt to the small bowl and beat very well, add the oil in tiny drops until about a quarter of the oil has been added and once you notice that the mixture is beginning to thicken, slowly add the rest of the oil



hummus

Ingredients

2 cups well-cooked or drained canned chickpeas
¼ cup canola oil
2 cloves garlic, peeled, or to taste
Salt and freshly ground black pepper to taste
Juice of 1 lemon, plus more as needed

Instructions

Place all ingredients into a blender or food processor, blend until smooth, if dry add a more lemon juice and / or oil.

VARIATION - ADDITIONAL ITEMS TO PURCHASE IF AVAILABLE FUNDS.

Chopped fresh parsley leaves for garnish.
Add 1 tablespoon ground cumin or paprika, or to taste, plus a sprinkling for garnish
Use olive oil.



BROKEN
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