

Produced by



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TUNA PASTA

- 250g pasta (your choice)
- 2 cloves garlic, crushed
- 2 onions, 2 stalks celery both chopped; 2 tablespoons tomato paste; 425g diced tomatoes;
- 425g can chunky tuna (break up)
- 1 teasp dried mixed herbs , 1/4 cup grated low-fat cheese

Method: Cook pasta in boiling water until also done. *Remainder of cooking wil occur with vegetables.* Set aside.

Heat a fry pan over medium heat add onion, garlic and celery with 2 tablespoons of water. Stir until vegetables are still semi-solid. Add the tomato paste, can of tomatoes, herbs and pepper. Cook for 5-10 minutes. Stir gently, slowly add pasta and cook for 2 minutes. Top with a sprinkle of cheese of your choice.

POTATO AND LENTIL DAHL

- 1 tablespoon vegetable oil
- 1 onion, finely chopped
- 4 potatoes, cut into cubes
- 1 teaspoon cumin/ground coriander or substitute both for curry powder
- 1 cup water
- 440g can diced tomatoes, lentils or brown onion .

Method: Heat the oil in a saucepan over medium heat. Add the onion and potato. Cook, stirring, for 5 minutes until the onion is soft. Add spices and cook, stirring, for 1 minute or until you can smell the flavours. Add water, tomatoes and lentils.

Turn up the heat and bring to the boil. Reduce heat to medium and simmer, stirring occasionally, for 20 minutes or until liquid reduces by half. Serve hot .

Meals on a Budget

CASA Inc
nformation Card
May 2021

LOW BUDGET PANTRY SUGGESTIONS:

- 1.Potatoes – boiled, mashed, roasted
- 2.Lentils/Mixed Beans : chilli; stews; bean, rice & veggie bowls.
- 3.Oats: use oats to make homemade muesli and granola to avoid breakfast boredom.
- 4.Fresh Eggs: Hearty Scrambles with eggs around.
- 5.Bananas: Breakfast, quick snacks, oatmeal mix-ins, smoothies.
- 6.Spices: chilli powder, garlic powder, curry powder, and onion powder salt and pepper. Each of these is economical and adds layers of flavour to otherwise potentially simple fare.
- 7.Onions: Onions add flavour to everything. Add them to pasta or a pan roasted vegetables.
- 8.Canned Tomatoes: Diced tomatoes make an easy sauce for pasta or as topping for meats .
9. Cans of Tuna: For sandwiches, curry or pastas .
- 10.Pasta: There isn't a meat or vegetable that can't be combined with pasta to make a meal.
- 11.Rice: Your choice of type. Rice with leftovers or whatever bit of meat and veg is great.
- 12.Peanut Butter: Sandwiches, sauces, dips.

FRIED RICE

- Heat 1 1/2 tablespoons vegetable oil in a large non-stick skillet over high heat.
 - Add 1 beaten egg and swirl the pan; let set, and then transfer to a plate.
 - Add 6 roughly chopped spring onions to the pan along with 2 teaspoons curry powder, and pepper to taste; stir-fry 2 minutes.
 - Stir in 4 cups cooked rice; spread in an even layer and cook 3 minutes.
 - Add the egg, and salt to taste; stir to break up the egg.
- Drizzle with sesame oil.



QUICK SNACK

- 4 Potatoes, skin on, washed
 - 1 teaspoon Vegetable oil
 - 1/2 teaspoon Ground chilli or Paprika (both optional)
- Method:
Preheat oven to 220°C
- Microwave or boil potatoes until just tender, about 10 minutes.
 - Cut potatoes lengthwise into wedges. Put into a plastic bag and add oil and spices .Shake well.
 - Remove wedges from the bag and place in a single layer on a lightly greased oven tray.
 - Bake in oven at 220°C for approximately 20 minutes, turn off after 10 minutes.
 - Sprinkle with salt, pepper or dried herbs.

CABBAGE MINCE STEW

- 500gm mince;
- 1 onion;
- 1/4 cup water
- 1/4 chopped cabbage;
- 425gm chopped tomatoes
- Salt/pepper/herbs to taste
- Optional: add other vegetables you like and have on hand.

Method:

Brown onion & mince. Add tomatoes, cabbage & water & stir. Cover, simmer gently, stir regularly for 15 minutes.