

HEALTHY EATING PROGRAMME @ SAOL SOUL KITCHEN



Unleash the Natural Power
of Food to Nurture your
Body

Healthy Eating Programme @ Saol Soul Kitchen

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Introduction

The food we eat everyday has a holistic effect on our health and mental well-being. How we feel and how energised we are to meet the challenges of the day ahead is directly related to the type of food we consume. Although these days people are becoming increasingly aware of their diet, this is not a new concept: for centuries, folks have used the properties of food to heal from their ailments and preserve their health. In ancient Greece, the physician Hippocrates was quoted with the saying *“Let food be your medicine and medicine be your food.”*

This booklet helps guides you to discover the healing power of food. The first part details what food components are beneficial to the health issues you would like to improve. The second part is a compilation of the recipes you loved when we cooked them in the Soul Kitchen. We hope you will consider cooking some of our recipes and that in doing so, you might keep safe and healthy on your own personal journey towards healing and recovery.

With love,

Enrica, Monika and Sue.

Who We Are and What We Do

Soul Kitchen at Saol Project is run by a small but dedicated and hardworking team of



women, whom are joined occasionally by practising students.

Every day we provide breakfast, sandwiches on the go, and a healthy

variety of lunches each Tuesday and Thursday. Additionally, we deliver 3 healthy square meals to the creche children, enabling the mummies to attend Saol Programmes knowing that their children are cared for by the creche team.

Soul Kitchen is the beating heart of Saol Project. Everyone attending Saol is warmly



welcomed in for a bite to eat, a cuppa and a chat. Our mission goes beyond providing warm and nutritious food; we work to nurture body and mind by carrying forward relationships based on care and support that summarises Saol ethic.

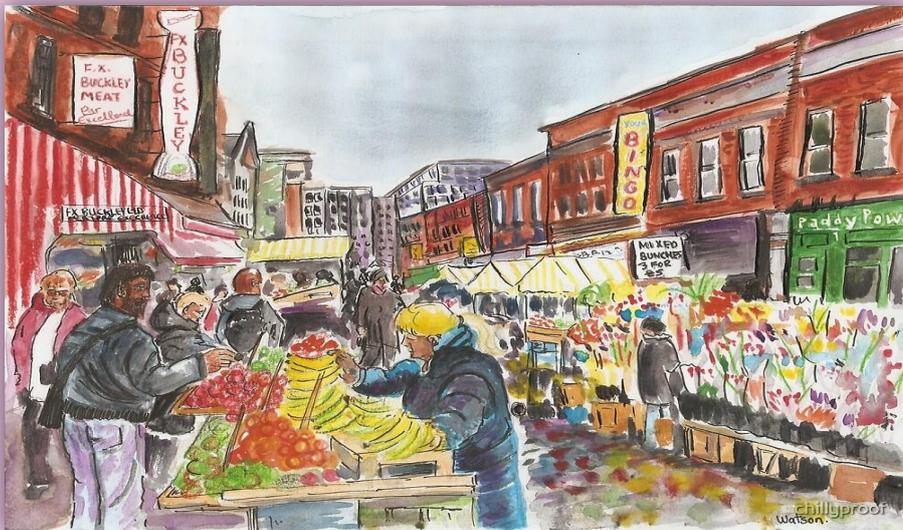
Through our food programme we strive to meet three basic human needs: warmth, safety and belonging.





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CHAPTER ONE: KNOW YOUR FOOD



What Makes Food?

All food is made up by 3 basic elements + vitamins and minerals.

Carbohydrates



Slow-release carbohydrates provide long-term energy that fuels our body and mind. They are digested slowly and keep our blood sugar levels stable



Fast-release carbohydrates are digested quickly and immediately spiking blood sugar levels. They are transformed into fats and overtime are responsible for long-lasting health problems.

Proteins



Protein builds and repair muscles. They are foundation blocks for the maintenance bones, muscles, cartilage, skin, and blood. Proteins based food provide the energy that keep you going.

Fats

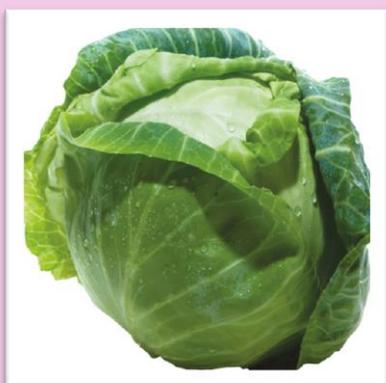


Dietary fats give to our body energy and support cell growth. They help protecting our organs and keep our body warm. Fats enable our body to absorb some nutrients and to produce important hormones, too. Essentially, our body needs healthy fat, although some more than others (see pic)

The Healing Power of Fruits and Vegetables

Phytonutrients are the biological mixture that gives plants and vegetables their distinctive colours and flavours. They have antioxidants properties defending our body from the damage of free radicals' molecules, responsible for many diseases. Eating the right food can improve our general well-being and help managing existing health conditions.

Green



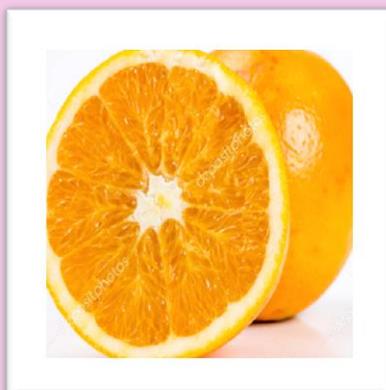
Phytonutrients

Benefits

Found in

Lutein	Protects eyesight; increases immunity; sustains healthy skin and blood	Asparagus; Avocado; Courgette; Cucumber; Green Beans; Kale; Peas
Chlorophyll	Cleansing. Improves energy and well-being. Increases red blood cells	All green vegetables
Indoles	Protects against cancer; supports hormonal balance	Broccoli; Brussel Sprouts; Cabbages

Orange/ Yellow



Carotenes	Contains vitamin A. Prevents cancer, safeguards heart and protect soft tissues.	Apricots; Carrots; Grapefruits; Mangoes; Yellow and Orange Peppers; Winter Squash
Xanthophylls	Source of vitamin A. Improves the immune system. Protect eyesight and brain and prevent cancers.	Red Fish (Salmon); Eggs and many of the orange and yellow vegetables and fruits.

Red



Lycopene	Defend from heart illnesses, loss of eyesight and prostate cancer	Tomatoes; Rosehip; Papaya; Watermelon
Anthocyanins	Protect against heart diseases and neurodegenerative illnesses (Parkinson and Alzheimer)	Found in most berries: cherries; Cranberries; Raspberries; Strawberries; Red Cabbage

Purple



Anthocyanins	Defend from free radicals and improve ageing appearance. Has anti-cancer virtues.	Aubergines; Blueberries; Grapes and their juice; Red wine
Resveratol	Helps balancing hormone levels and protect from cancer.	Cocoa; Grapes and their juices; Mulberries; Red Wine

White



Allyl Sulphates	Lift immune system and has anti- cancer and inflammatory qualities	Garlic; Onions; scallions; Chives
Anthoxanthins	Lowers cholesterol and blood pressure; diminishes the risk of cancer and heart diseases	Bananas; Cauliflowers; Garlic; Ginger; Mushrooms; Onions; Parsnips; Potatoes;

Source: Curtis, S; Thomas, P; Villinac, D., 2013. "Healing Food", Penguin Books, UK.



Vitamins Chart

There are a lot of vitamins to be found in a wide variety of food. Vitamins play a big role in maintaining good health by providing essential nutrients that our body cannot produce by itself. There are two types of vitamins: Water Soluble vitamins (like vitamin C and B) have shorter life because the body flushes away any excess through the kidneys. Fat Soluble vitamins (A, D, E and K) are time release boost of nutrients. Our body squirrels away the excess in the liver and fatty tissues and doles it out gradually to meet our needs. Vitamins are organic matter and their beneficial effects can be reduced by heat and food processing. Having a well-balance diet of fresh food means storing in our body enough vitamins to fight off diseases and to generate the energy we need on daily basis.



Source: <https://www.helpguide.org/harvard/vitamins-and-minerals.htm>

Minerals Chart

Our body also needs many minerals to maintain itself in top form overtime. Our body uses minerals to perform many different actions, for example nerves transmission, bone health, to make hormones and to maintain a healthy heart. This is because minerals contain Antioxidants substances that may prevent or delay some types of cell damage. Minerals are inorganic matter found in soil and water. They enter our body through the plants, meat and water we

consume.

Drinking water helps us to digest our food and nutrients are absorbed quicker.

Mineral	RDA/AI		Best Sources	Functions
	Men	Women		
Calcium	1,000mg	1,000mg	Milk and milk products	Strong bones, teeth, muscle tissue; regulates heart beat, muscle action, and nerve function; blood clotting
Chromium	35ug	25ug	Corn oil, clams, whole-grain cereals, brewer's yeast	Glucose metabolism (energy); increases effectiveness of insulin
Copper	900ug	900ug	Oysters, nuts, organ meats, legumes	Formation of red blood cells; bone growth and health; works with vitamin C to form elastin
Fluoride	4mg	3mg	Fluorinated water, teas, marine fish	Stimulates bone formation; inhibits or even reverses dental caries
Iodine	150ug	150ug	Seafood, iodized salt	Component of hormone thyroxine, which controls metabolism
Iron	8mg	18mg	Meats, especially organ meats, legumes	Hemoglobin formation; improves blood quality; increases resistance to stress and disease
Magnesium	420mg	320mg	Nuts, green vegetables, whole grains	Acid/alkaline balance; important in metabolism of carbohydrates, minerals, and sugar (glucose)
Manganese	2.3mg	1.8mg	Nuts, whole grains, vegetables, fruits	Enzyme activation; carbohydrate and fat production; sex hormone production; skeletal development
Molybdenum	45ug	45ug	Legumes, grain products, nuts	Functions as a cofactor for a limited number of enzymes in humans
Phosphorus	700mg	700mg	Fish, meat, poultry, eggs, grains	Bone development; important in protein, fat, and carbohydrate utilization
Potassium	4700mg	4700mg	Lean meat, vegetables, fruits	Fluid balance; controls activity of heart muscle, nervous system, and kidneys
Selenium	55ug	55ug	Seafood, organ meats, lean meats, grains	Protects body tissues against oxidative damage from radiation, pollution, and normal metabolic processing
Zinc	11mg	8mg	Lean meats, liver, eggs, seafood, whole grains	Involved in digestion and metabolism; important in development of reproductive system; aids in healing

Food that Supports the Immune System¹

Consuming these foods will boost your immune system, helping to fight any infections. These foods are particularly beneficial to people living with chronic conditions, such as HIV and AIDS.

Asparagus



What is good for?

Anti-inflammatory qualities that promotes healthy immune response. Contains prebiotics that support the guts, benefits the heart and purify the skin. Rich in Folic Acid, helps in pregnancy.

How to use it.

Buy between February to June. Use it within 2 days.

Cook it quickly to retain nutrients. Use it as a side dish with fish or chicken or toss it with pasta.

Broccoli



Higher in vitamin C and Beta-carotene helps maintaining a healthy immune system

Stir fry it or use it as a side dish. The raw leaves can be added to salads.

Blackcurrants



The combination of vitamin C with antioxidants protects the immune system and heals wounds and infections quicker

Use it in rich tea cakes or as an alternative tea.

¹ Source: Curtis, S; Thomas, P; Villinac, D., 2013. "Healing Food", Penguin Books, UK

Chocolate



What is good for?

Rich in antioxidants that strengthen the intestine against invading microorganisms. Supports immunity by increasing the response of the immune system cells

How to use it

Choose organic chocolate, preferably the dark quality which has more antioxidants content.

Mixing chocolate with milk inhibits its beneficial qualities

Garlic



Has antibiotic and antifungal properties. Garlic boost the immune defences and it can treat flu and colds.

Eat it raw to reap the best benefits or allow chopped garlic to stand for a few minutes before cooking to release their beneficial juices

Kiwi



Their high amount of vitamin C helps preventing cold and flu viruses, harmful for already compromised immune system. Kiwis contain collagen, which protect the skin from the effects of sun and wind

Eat kiwi on its own or add it to smoothies

Mangoes



What is good for?

Just one average fruit provides 2/3rd of daily Vitamin C, which play a key role in boosting our immune defences and prevents flu and colds. May help to fight skin cancer

How to use it

Mangoes skins bruises easily, so eat them as fresh as possible. Dried mango is a good substitute.

Meats and Poultry



Provides easily absorbed proteins. Chicken, Beef contains the full range of vitamin B components. Chicken dark meat parts (legs and thighs) have zinc (helps with cells division) and iron for extra immune boost.

Meats are versatile foods, but they should be consumed with vegetables. Buy organic when accessible. Avoid cooking red meat at high temperature to prevent forming cancerous amino acids.

Rocket



Contains strong levels of vitamin C and Carotene, which body defence against infections

Buy fresh and eat it quickly to preserve its quality. Excellent as a salad with chopped Walnuts and Parmesan shavings.

Spelt Grain



What is good for?

Contains high doses of vitamin B3 and has antibacterial properties that helps fighting diseases. Help stabilising sugar levels and reduces cholesterol.

How to use it

Buy spelt pasta. Spelt is a grain used to make sourbreads loaves

Teas



Tea leaves contains powerful antioxidants protecting from viral infections. Tea contains vitamin B2, C, D, K and Potassium.

Green tea is healthier: fights lung, stomach bone and prostate cancer, support the heart functions and improve arthritis

Always use fresh boiled water. Tea leaves are treated with pesticides, so buy organic whenever you can.

Yogurt



In immune deficient people, yogurt probiotics inhibits harmful bacteria and increases their bodies resistance to viruses.

Choose live, plain yogurt and sweeten it with honey. Add berries for extra immune system boost.

Foods that Detoxify the Liver and Restore its Health Functions.

The liver job is breaking down and removing any toxins entering our bodies. People living with Hepatitis (A, B, C) have reduced liver functionality. They may improve their general wellbeing by consuming more of these foods as part of their detoxing plan.

Artichokes



What is good for?

Detoxify the liver and gall bladder. Has diuretic action, helps balancing blood sugar and decreases cholesterol levels.

How to use it

Look for smaller globe. Pay attention when cleaning it, as the thorns are sharp. You could use the frozen product. Braise artichokes in a little olive oil with garlic and parsley until they are tender, adding a drop of water now and then.

Apple



Apples skin have powerful protective actions towards liver cells. Great fruit for preventing bone loss in menopause.

Keep the skin on and buy organic. Bake apples (core removed) filled with oats, raisins and a bit of honey with or use it as a base for apple crumble.

Beetroots



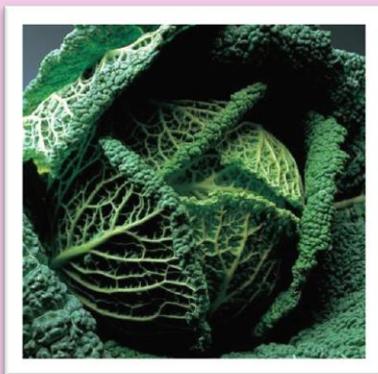
What is good for?

Has a cleansing liver action and contains many antioxidants that neutralise and remove bad toxins. Improves hormonal regulation in menopause.

How to use it

Raw beetroot can be added to carrots salad. The leaves can be used in green salad dishes

Cabbage



Supports liver healthy functions because it stimulates the production of antioxidants that help the liver to detoxify. Red cabbage is richer in antioxidants.

Use it in soups or as a side dish to red meats. Shred the cabbage and toss it in oil, onion and garlic. A chopped apple (skin on) enhances its flavour

Garlic



Garlic has many health promoting qualities, especially antibacterial and antifungal properties. Its detoxifying action removes heavy toxins from the body.

Fresh garlic is better than the dry garlic in the jar. Fry it with vegetables and meats.

Grapefruits



An effective liver cleansing loaded with antioxidant properties; grapefruits are rich of enzymes that help the liver to break down toxins.

Squeeze its juice and sweet it with honey

Lemon



What is good for?

Removes accumulated toxins from the liver. Rich in vitamin C, strengthen the immune system. Lemon peels intensify its beneficial qualities

How to use it

As a green salad dressing, goes well with honey and mustard. Begin your day with a glass of chill water infused with lemon juice.

Parsley



A diuretic and powerful antioxidant, Parsley enhances digestive health, fights inflammation and therefore has a detoxifying action.

A versatile herb, stir it into any Italian dish, add it to mash potatoes or an egg omelette. Goes wonderfully with garlic.

Plums



What is good for?

Plums are detoxicants that free the liver from toxins. Their detoxing action include skin health.

How to use it

Eat them raw or bake them in a moderate oven until their skin wrinkles. Serve drizzled with honey on natural yogurt. Can be roasted alongside duck.

Radishes



Has cleansing, detoxing and decongesting qualities on liver, gall bladder and blood.

Use it as an addition to green leaves salads

Rocket



Supports healthy liver, strengthening its functions. As a detoxicant, rocket has mild diuretic and laxative properties.

Excellent as a salad combined it with tomatoes and olive oil for an antioxidant rich meal.





CHAPTER TWO

Recipes Handbook



Main Courses

Bolognese Sauce

A well-known Italian dish, it can be used on pasta or rice. You can also serve it as a topping for mash potatoes.



Nutritional Benefits

Beef meat is a good source of Iron, but it should be used in moderation. The vegs combination in the Bolognese, carrots, celery, garlic and onions contain many antioxidants (helping to replenish our body cells), vitamins, minerals and fibres.



Utensils' list: 1 Large Pot; Sharp Knife; Chopping Board; Ladle.

Ingredients x 4 peoples.

- 2 tablespoons of oil
- 1 medium size onion, chopped
- 1 fat clove of garlic, chopped
- 1 medium size carrot, chopped
- 1 or 2 celery sticks, chopped

Groceries Prices			
Frozen Onions	500 gr		0.75c
Celery Sticks	Prepacked		0.79c
Fresh Carrots	1 kg		0.99c
Oregano Jar			0.29c
Beef Mince	400 gr packet	€	3.29
Chopped Tomatoes	2 Cans		0.90c
Pasta	1 kg		0.94c
Total		€	7.95
(LIDL Supermarket – November 2019)			

About 1 generous teaspoon each of parsley and thyme or dry mixed herbs (fresh or in the jar)

1 packet of minced beef

2 cans of chopped tomatoes

Half teaspoon sugar (tomatoes can be sour)

1 cube of beef stock (optional, but makes it yummiier 😊)

Preparation.

Step 1: chop onion, garlic, carrot and celery. Put the oil into a pot and fry the vegs and herbs for few minutes, stirring as you go.

Step 2: Add mince and beef stock (if using it). Keep stirring until changes colour.

Step 3: Add tomatoes cans, stir it and put a lid on top of the pot.

Let it simmer for about 1 hour, stirring it every so often. When ready, the sauce will have reduced and the oil will be on top.

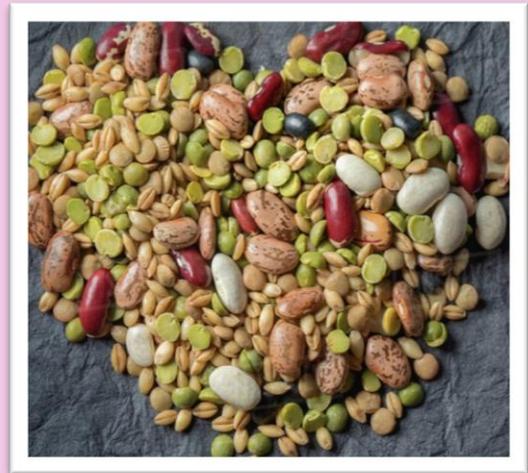
Tips If you are using the beef stock, taste the sauce before adding any salt. You can add chopped mushrooms a stage 1. Make a big batch and freeze any leftover sauce and use it within one month. For a healthier, cheaper and veg friendly Bolognese version, replace beef mince with a can of green lentils and follow same steps

Chicken Stew

A beloved Irish classic packed with healthy vegetables. Chicken Stew is also jokingly known as “Jewish Penicillin”



Utensils List: 1 Pan; Chopping board; Sharp Knife; Ladle



Nutritional Benefits.

Chicken provides lean meat proteins, while barley and lentils are an excellent source of minerals, antioxidants, vitamins and fibres. They are slow release carbohydrates and fills you up for longer. Thyme herb is full of vitamin C. A good source of vitamin A, it helps recovering from colds and flu. Parsley contains vitamins A, C, and K, which safeguard bone health, protect against chronic diseases, and provide antioxidant benefits. Celery offer a good amount of vitamins D and K for bone health, while Carrots are a particularly good source of beta carotene, fibres, vitamin K1, potassium, antioxidants and beneficial to eyesight.

Ingredients x 4 people

2 tablespoons oil

1 packet of chicken, breasts or thighs. If using thighs, just remove the skin or the stew would be greasy)

1 big onion, chopped

1 fat garlic, chopped

2 carrots cut in small cubes

2 celery sticks, halved lengthwise and chopped

About 1 generous teaspoon each of parsley and thyme (fresh or dry herbs)

Few potatoes, chopped in medium size pieces

A handful of barley and red or green lentils (optional)

1 chicken stock cube

Preparation.

Step 1: Chop the chicken breast. If using chicken thighs, remove the skin. In a big pot, begin by frying the chicken for a few minutes

Step 2: Add to chicken the chopped onion, garlic, carrot and celery and the herbs, stirring as you go.

Step 3: Now add enough cold water to cover completely the chicken and add the stock cube. Add potatoes, barley and lentils too (if using it)

Let it simmer for about 1 hour, checking the liquid level as the barley and lentils soak it as they cook.

Tips: Stir the stew it every so often. You can add swede or cabbage to the stew. If using chicken stock, taste the stew before adding any salt.

Groceries Prices			
Chicken Breast OR		€	3.99
Chicken Thighs		€	2.15
Frozen Onions	500 gr		0.75c
Garlic	Packet of 3		0.69c
Carrots	1 kg		0.99c
Celery Sticks	Prepacked		0.79c
Mixed Herbs Jar			0.59c
Barley			0.79c
Lentils			0.89c
Potatoes	2 kg	€	2.39
Total		€	11.87

(LIDL Supermarket – November 2019)

Minestrone

Cheap and quick, minestrone is a family's staple. Add some pasta and you will deliver a full, healthy meal to your kids. You can chop the vegs small or you can cut the veg in bigger chunks and blend them before adding the pasta.



Nutritional Benefits

Curly Kale is a good source of vitamins K, C, antioxidant and Iron. Celery offer a good amount of vitamins D and K for bone health. Carrots are a particularly good source of beta carotene, fibres, vitamin K1, potassium, antioxidants and beneficial to eyesight. Onions contain fibres, folic acid, and B vitamin that helps the body make healthy new cells. Potatoes have plenty of vitamin C and potassium, which helps to lower blood pressure and reduce cholesterol. Green beans provide key vitamins C and K and minerals necessary for healthy bones, skin and hair. Courgettes are rich in vitamins A and C and in minerals like manganese, beneficial to eye related conditions. Tomatoes are also a great source of vitamin C, potassium, folic acid, vitamin K and antioxidants.



Utensils 'List: Chopping Board; 1 big Pot; Sharp knife; Ladle

Ingredients x 4 people

1 big onion, chopped (or 2 big leeks and a bit of onion it's tasty too)

2 or 3 medium size carrots, cubed small

2 or 3 celery sticks, chopped

Few potatoes

Some curly kale or spinach

1 courgette **or/and** a handful of peas

1 can of chopped tomatoes

1 veg stock cube

About 3 tablespoons of

small pasta per each person

To serve: green pesto and cheese - Parmesan **or** Cheddar (optional but very good 😊)

Groceries Price			
Fresh Onions	1 kg		0.59c
Celery	Prepacked		0.79c
Carrots	1 kg		0.99c
Courgettes			0.99c
Curly Kale			0.99c
Potatoes	2 kg bag	€	2.39
Chopped Tomatoes	1 Can		0.45c
Total		€	7.19
(LIDL Supermarket – November 2019)			

Preparation.

Step 1: Begin by chopping all vegs

Step 2: In a big pot, place onions, carrots and celery and fry them gently for a few minutes

Step 3: Add water, veg stock and the remaining vegetables (potatoes, courgettes or peas and the can of tomatoes).

Let the minestrone cook for about 30/ 40 minutes, checking that potatoes and carrots are fully cooked. Once it cools down a bit, you could blend the soup for a smooth finish.

Step 4: When the minestrone boils, add 3 tablespoons of pasta per person and about 1 glass of water if the soup is too thick. Stir the pasta into the soup and follow the cooking time instruction on the back of the pasta packet.

Step 5: Once the pasta is cooked, turn off the gas and add about half a jar of green pesto.

Garnish plates with cheese and serve.

Tips: Minestrone without pasta can be freeze. Store any leftover with pasta in the fridge and reheated in the microwave next day. You can also blend the minestrone until smooth.

Chicken Curry

Preparing your own chicken curry is simpler and tastier than you think and way cheaper than a takeaway. You can make vegetable curry by using a can of chickpeas, sweet potatoes OR carrots, peppers and broccoli...5 of your 5 a day 😊 (read more bottom page, Tips section)



Nutritional Benefits.

Turmeric, the main curry spice has anti-inflammatory effects. Chicken has lean animal proteins. Garlic has antioxidant properties, helps regulating blood pressure and sugar levels as well as reducing cholesterol. Onions contain fibres, folic acid, and B vitamin that helps the body make healthy new cells. Peppers are a source of vitamin A, vitamin C, and potassium, fibres, acid folic and iron. Tomatoes are a great source of vitamin C, potassium, folic acid, and vitamin K. Coconut milk is rich in fibre, vitamins C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous.

Utensils List: 1 Pan; Chopping Board; Sharp Knife

Ingredients x 4 people

- 1 packet chicken breast, chopped into chunks
- 2 tablespoons oil
- 1 medium size onion, chopped
- 2 garlic cloves
- 2 Peppers
- About 1 tablespoon of curry paste or more
- 1 can of chopped tomatoes
- Some milk OR coconut milk
- About 80 gr of Rice per person

Groceries Prices			
Chicken Breasts	400 gr	€	3.99
Fresh Onions	1 kg		0.59c
Fresh Garlic	Packet of 3		0.69c
Chopped Tomatoes	1 Can		0.45c
Coconut Milk	1 Can		0.69c
Curry Paste	1 Jar	€	2.29
Frozen Mixed Veggies	500 gr		0.99c
Red Pepper	1		0.99c
Basmati Rice	1 kg		0.99
Total		€	10.98
(LIDL Supermarket – November 2019)			

Preparation.

Step 1: In a pot, add oil, onion, garlic, peppers and fry them lightly

Step 2: Add chicken and let it brown

Step 3: Add tomatoes can, milk and curry paste

Step 4: Let it simmer until it thickens a bit. While you wait for the curry to be ready, cook the rice in plenty of lightly salted water. Basmati rice would cook in about 12 minutes.

Tips: For a veg curry, replace chicken with chickpeas, carrots or sweet potatoes and spinach at step 2 and follow same recipe. Serve with rice or toasted nan bread.



Golabki (Polish Cabbage Rolls)

This is an earthy and tasty Polish dish and one of many Monika's specialities. Golabki is a cabbage roll common in Polish cuisine. Slightly more complex than other recipes, is a complete, well-balanced meal. The cabbage can be substitute for peppers cut in half and filled with the meat and rice mixture.



Nutritional Benefits



Savoy Cabbage is packed with vitamins C and K, can improve digestion and combat inflammation. Onions contain fibres, folic acid, and B vitamin that helps the body make healthy new cells. Potatoes have plenty of vitamin C and potassium, which helps to lower blood pressure and reduce cholesterol. Rice is easy to digest and contains important nutrients, including B and E vitamins, protein, and minerals, especially potassium which helps the body to reduce toxins. Pork mince contains vitamin B12 and is a good source of proteins and minerals like Iron and Zinc.

Utensils List: 1 tall Pot; Chopping Board; Bowl; Spoon

Ingredients x 4 people

- 1 Savoy cabbage
- 1 Packed Minced Pork or Beef
- 1 medium Onion, chopped

1 Egg

200 gr cooked rice, cooled down

Salt and Pepper, some dry parsley (optional) and some tomato passata.

1 Vegetable Stock cube

A pinch of Allspices to boil the cabbage parcels in &

A drop of Tomato Paste from a tube

Potatoes for mash.

Groceries Prices			
Fresh Savoy Cabbage	1		0.99
Breadcrumbs	500 gr packet	€	1.50
Pork Mince	500 gr packet	€	2.19
Fresh Onions	1 kg		0.59c
Large Eggs	6 In a packet	€	1.19
Basmati Rice	1 kg		0.99c
Tomatoes Passata		€	1.29
Vegetable Stock Pot	Packet of 4	€	1.69
Potatoes	2 kg	€	2.39
Total			€ 12.82

LIDL Supermarket, November 2019

Preparation.

Step 1: Begin by boiling the whole cabbage in salted water for 5 minutes. Remove the cabbage from pot but keep the liquid.

Step 2: Chop the onion and fry it in a pan with a little oil and let it cool down

Step 3: Toss in a bowl the raw minced meat, cooked and cooled down rice, egg, salt and pepper. Add the fried onion too and mix thoroughly.

Step 4: Carefully remove cabbage leaves. Drop into each leaf about 1 handful of the meat mix, then wrap the cabbage leaf around, like you would do for a wrap (see video).

Step 5: Carefully place the wraps into the cabbage water, with the liquid covering them up.

When the cabbage water begins to boil add the veg stock cube, a bit of tomato passata and the bay leaf. Use the remaining cabbage water to boil the potatoes in it.

Let the wraps cook for about 1 hour, then serve it with mash potatoes.

Tips: Use halved raw peppers instead of cabbage. Pile peppers with meat and rice mix, drizzle with oil and sprinkle with cheese. Preheat the oven gas mark 6 and transfer peppers in an oiled oven dish. Cook for about 30 minutes or more, basting the peppers with the meat juice halfway. They are ready when the peppers shrink.



Peperonata and Potatoes with Chicken

Peperoni means peppers in English. Peperonata is a cheap and quick Italian dish, with a handful of ingredients you'll have a tasty meal that can be used on cooked pasta or rice. Cubed salad potatoes and chicken can be thrown in the pot with the peppers.



Nutritional Benefit



Onions contain fibres, folic acid, and B vitamin that helps the body make healthy new cells. Garlic is beneficial for regulating blood pressure and blood sugar levels and reduces cholesterol levels. Peppers are a source of vitamin A, vitamin C, and potassium, fibres, acid folic and iron. Olive oil is rich in monosaturated fats (good fats) Potatoes are heart friendly, helping to lower blood pressure and reduce cholesterol. Chicken offers lean animal proteins.

Utensils List: 1 Pan; Chopping Board; Sharp knife; Big Spoon.

Ingredients x 4 people.

- 1 medium onion
- 1 clove of garlic
- 1 packet of 3 multicoloured peppers chopped
- 3 or 4 small white potatoes, chopped
- 1 teaspoon vinegar

1 teaspoon sugar
 1 can chopped tomatoes or passata
 Sprinkle of basil herb or oregano,
 from a jar or fresh

Groceries Prices			
Peppers	Packet of 3	€	1.49
Fresh Onions	1 kg		0.49
Fresh Garlic	Packet of 3		0.69
Oregano & Basil	Jars		0.29 each
Salad Potatoes	1 kg	€	1
Chopped Tomatoes	1 can		0.45
Malted Vinegar	Bottle	€	1.22
Sugar	Bag		0.99
LIDL Supermarket, November 2019			

Preparation.

Step 1: Begin by chopping finely the onions, garlic, together with the chopped peppers and the potatoes pieces.

Step 2: Put two tablespoon of oil in the pan and fry the vegs gently before adding the chicken in the pan, if using it. Let the chicken fry until it turns white, stirring.

Step 3: Add vinegar, sugar, herbs and the tomatoes tin OR passata.

Step 4: Cover the pan with a lid and let it cook for about 25-30 minutes, stirring every now and then, until the chicken is cooked and the potatoes soft.

Tips: Passata is thick and you would need to add about half a glass of water. Canned tomatoes have more liquid and water is not needed. Salad potatoes or white potatoes work well in this dish because they keep their shape.

Turkey Meatballs with Mash and Vegetables.

Children love meatballs. In this recipe, we replaced the beef with turkey for a healthier dish. The cream can be substitute for vegetable (soya based cream - Alpro brand style.)



Nutritional Benefits

Potatoes have plenty of vitamin C and potassium, which helps to lower blood pressure and reduce cholesterol. Carrots are a particularly good source of beta carotene, fibres, vitamin K1, potassium, antioxidants and beneficial to eyesight. Onions contain fibres, folic acid, and B vitamin that helps the body make healthy new cells. Peas have a plenty of vitamin C. Turkey is high in zinc, B vitamins and rich in potassium

Utensils List: Chopping Board; Bowl; Pan; Pot; Spoon

Ingredients x 4 people

For the meatballs mix:

- 1 packet of minced Turkey or Chicken
- 1 Egg
- 2 tablespoons of semolina **OR**
- 2 slices of bread soaked in a bit of milk and squeezed

Groceries Prices			
Turkey Mince	400 gr	€	3.59
Large Eggs	Packet of 6	€	1.19
Bread	800 gr	€	1.39
Small Double Cream	200 ml	€	1
Frozen Peas	1 kg	€	1.25
Fresh Carrots	1 kg		0.99c
Total		€	9.41
LIDL Supermarket, November 2019			

1 teaspoon of oregano from the jar

Salt and pepper

To cook:

2 Tablespoon of oil

1 small bottle of cream

About half chicken stock cube

To serve with:

Few potatoes for the mash

Any vegs you like (we used carrots and peas, but broccoli would be great too)

Preparation.

Step 1: Peel and begin to boil the potatoes for the mash.

Step 2: In a bowl, soak the bread slice in milk and mix before removing any excess liquid (if using it)

Step 3: Add the egg, salt and pepper and the turkey mince alongside the semolina (if you prefer this option), mixing all together well.

Step 4: With your hands, form little balls

Step 5: In a pan, warm the oil before adding the meatballs. Let them cook and brown for 2/3 minutes before turning them around.

Step 6: Add now the cream and the stock and let it simmer until the gravy has thicken.

Step 7: In the meantime, cut and boil the vegs. When ready, toss a bit of butter into them for a lovely, creamy flavour. Serve the meatballs with their own gravy.

Tips: for a quicker dinner, you could serve the meatballs with rice or pasta. If the gravy is too thick, loosen it with some milk and bring it to the boil before tossing in the pasta.



quicker dinner, you could serve the meatballs with rice or pasta. If the gravy is too thick, loosen it with some milk and bring it to the boil before pasta.

Marinated Pork Chops with Colcannon.

An Irish classic with tasty pork chops. Colcannon is a dish made of potatoes cooked with curly kale and fried onions, all mashed together.



Nutritional Benefits

Curly Kale is a good source of

vitamins K, C, antioxidant and Iron. Potatoes

have plenty of vitamin C and potassium, which helps to lower blood pressure and reduce cholesterol. Onions contain fibres, folic acid, and B vitamin that helps the body make healthy new cells. Pork meat is a good source of vitamin B12 and is a good source of proteins and minerals like Iron and Zinc.

Utensils List: Dinner plate for marinating the pork chops; Pots; Pan

Ingredients x 4 people.

For the marinate:

Half lemon juice, 2 tablespoon of soya sauce; 1 or 2 tablespoons of honey OR brown sugar (taste it as you go)

4 pork Chops

For the Colcannon:

Potatoes for mash

1 bag of washed Curly Kale, chopped

1 small onion

A knob of butter, some milk and salt and pepper to taste

A handful of grated cheddar is nice in the colcannon, but optional to taste.

For the gravy:

Kale cooking water, 1 teaspoon Bisto **OR** 1 tablespoon of flour (see tips)

Groceries Prices			
Curly Kale			0.99c
Potatoes	2 kg	€	2.39
Fresh Onions	1 kg		0.59
Pork Chops		€	3.99
Soy Sauce			0.49
Honey		€	1.25
Lemons	Packet of 3		0.99c
Total		€	10.69

(LIDL Supermarket, November 2019)

Preparation.

Step 1: Assemble the marinate ingredients and lay the pork chops into it. Let them rest in it until you are ready to fry them up.

Step 2: Wash and chop the Curly Kale and the potatoes. Cook them together in the same pot.

Step 3: Chop and gently fry the onion with butter and oil until golden.

Step 4: When ready, strain potatoes and kale but save some of their water in a cup for the gravy.

Step 5: Mash together potatoes, kale and the onion with some butter and a drop of milk. Add the grated cheese too, if you like it. Put a lid on top to keep the colcannon warm.

Step 6: Fry the pork chops in a bit of oil; when you turn them around add a bit of the marinate too. When cooked, transfer them into a serving plate, covering the meat to keep it warm while you make the gravy.

Step 7: In the same pan where you cooked the chops and it has all the lovely meat and marinate juices, add the kale water and bring it to the boil before adding 1 scanty teaspoon of Bisto to make the gravy.

Tips: Soya sauce is salty and so is Bisto, hence don't use much salt for boiling the kale. You can make your own gravy by adding a tablespoon of flour to the pan where you cooked the meat, then stir in the kale water. Put the pan back on the hob, keep stirring (otherwise may get lumpy) until it boils and thickens.

Should you have any leftover colcannon, add a couple of eggs and some grated cheese. Pre-heat the oven gas mark 5 and transfer the mixture into a greased tin. Bake it for about 35 minutes and serve it with a green salad and crusty bread.



Creamy Pasta with Chicken and Broccoli

Monika's recipe is super tasty and very simple to make.



Nutritional Benefits.

Broccoli is a great source of vitamins K and C, a good source of folic acid and provides potassium, fibres and antioxidant that protects the body from damaging free radicals. Chicken provides lean animal proteins. Cream contains calcium, riboflavin, vitamin A and phosphorus, but it also rises cholesterol. Try using reduced fat cream or veg cream alternative.

Utensil List: Chopping Board; Sharp Knife; Pan; Pot

Ingredients x 4 people.

- 1 tablespoon of butter and 1 tablespoon of oil
- 1 Broccoli crown, florets chopped,
- 3 Chicken fillets, cubed,
- 1 medium onion, chopped
- 2 Garlic cloves, chopped small
- About a teaspoon of dried Oregano herb (from a jar)
- 1 Chicken stock cube
- 1 Small tube of Low-fat Cream

Groceries Prices			
Frozen Onions	500 gr		0.75c
Fresh Garlic	Packet of 3		0.69c
Oregano Jar			0.36 c
Chicken Breasts	Packet of 4	€	3.99
Frozen Broccoli	1 kg		0.99c
Double Cream	200 gr	€	1
Chicken stock Pot	4 Pots	€	1.69
Total		€	8.72

About 240 gr of short pasta, like quills, fusilli or macaroni (about ¼ of a 1kg packet)

Preparation.

Step 1: Chop the garlic and onion. Cube the chicken breast in bite-size chunks and set aside for later.

Step 2: Chop the broccoli head into florets and wash them. Fill a big pot halfway with cold water and add the broccoli. Don't add any salt to the water now. Cook the broccoli only a few minutes to keep them crisp, then take them out of their water and put them aside into a plate.

Step 3: Add to the broccoli water a good handful of salt and, when the water begins to bubble, throw in the pasta, stirring for a few minutes. Check on the back of the packet for cooking time.

Step 3: While the pasta cooks, in a pan heat oil and butter, then add chicken, garlic and oregano and fry them gently for a few minutes.

Step 4: Add the broccoli, low-fat cream and chicken stock. Let it simmer until the cream thickens and the chicken is cooked through, about 10 minutes.

Step 5: Drain the pasta and add it to the pan with cream, chicken and broccoli, stirring thoroughly.

Tips: If the pasta seems to stick together, add a drop of oil to the boiling water. Pasta cooks quicker and it is way nicer if there is a good quantity of water in the pot and don't forget to add salt to it.

Ranchero Beans Stew.

This dish can be ready in 30 min, perfect for busy days and quite healthy too.



Nutritional Benefits

Beans are a source of dietary fibre, protein, B vitamins and minerals. They slowly release carbohydrates keeping you full for longer, stabilise blood sugar, improve cholesterol levels and help maintaining a healthy gut. Peppers are a source of vitamin A, vitamin C, and potassium, fibres, acid folic and iron. Potatoes are heart friendly and rich in vitamin A and Potassium, which stabilises blood pressure and reduce cholesterol.

Utensils: Chopping Board; Pan; Knife; Colander

Ingredients x 4 people

- 1 medium onion chopped
- 1 packet chorizo salami
- 1 teaspoon sugar
- 1 teaspoon Brown Sauce
- 1 heaped teaspoon of smoked paprika powder (from a jar)
- 2 teaspoons of dried oregano
- Bit of pepper (optional)

1 can tomatoes or passata

2 cans of beans (cannellini, kidney beans or butterbeans are all good)

Few Salad Potatoes, cubed

1 pepper

Groceries Prices			
Frozen Onions	500 gr bag		0.75c
Fresh Garlic	Packet of 3		0.49c
Salad Potatoes	1 kg	€	1
Paprika jar			0.50c
Oregano Jar			0.29c
Chorizo	Prepacked	€	1.50
Single Pepper		€	1.50
Single Tomatoes can	400 gr		0.49c
Brown Sauce			0.79c
Cannellini Beans	400 gr		0.55c
Total		€	7.36

(LIDL Supermarket – November 2019)

Preparation.

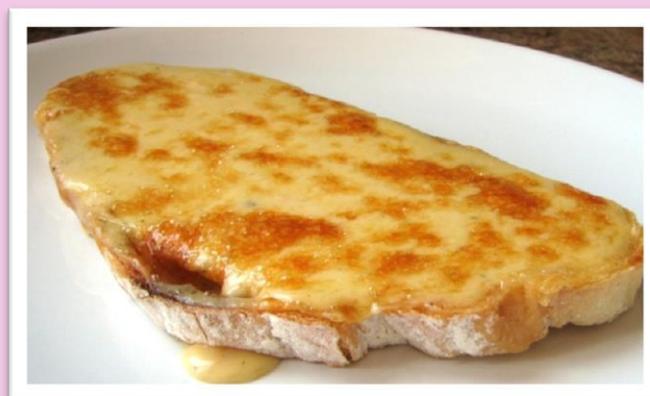
Step 1: Heat oil in the pan. Add chopped onion and chorizo and let them fry for 5 minutes.

Tip in potatoes, sugar, brown sauce, paprika and oregano.

Step 2: Add beans, tomatoes can and a bit of water alongside the brown or barbeque sauce.

Simmer for about 15 minutes with a lid on, stirring halfway.

Tips: Excellent with fried or poached eggs (healthier alternative) or toasted cheese bread.



Pasta with Green Pesto, Green Beans and Cubed Potatoes.

Italian at its best, this recipe is close to my own heart because my granny used to make it all the time. All cooks together, saving you washing up time.



Nutritional Benefits.

Pesto is made by Basil herb, Garlic, Pine Nuts and a dash of Olive Oil. Basil contains vitamin K, manganese, iron, vitamin A, and vitamin C. It's also a good source of calcium, magnesium, and omega-3 fatty acids. Pine Nuts are high in beneficial monounsaturated fats, magnesium and vitamin E, working together to protect the heart. Olive oil is rich in monosaturated fats (good fats) Potatoes are heart friendly, helping to lower blood pressure and reduce cholesterol. Green beans provide key vitamins C and K and minerals necessary for healthy bones, skin and hair.

Utensils: Pot; Colander; Chopping Board;
Knife

Ingredients x 4 people

250 gr (about half packet) of short pasta
1 jar of Green Pesto
2 handful of fresh or frozen green beans,

Shopping List Prices			
Frozen Green Beans	1 kg bag	€	1
Potatoes Salad	1 kg bag	€	1
Fresh Pesto Jar	140 gr	€	1.50
Pasta	1 kg bag		0.94c
Total		€	4.44
(LIDL Supermarket, November 2019)			



chopped in small pieces

2 medium potatoes, cubed small

Grated Cheddar or Parmesan cheese (optional)

Preparation.

Step 1: Cube the potatoes in small pieces and chop the green beans. Fill the pot halfway with COLD water and tip your veg in. Let the water come to a boil before adding the pasta to the veg. Stir well and then let it simmer for about 10 minutes (check that pasta is cooked to your liking before turning off gas).

Step 2: Drain the pasta and veg but keep a cupful of its water aside. Tip the pasta and veg back in the pot and add all the pesto from the jar. You might need a bit of the reserved cooking water and a extra drop of oil to loosen up the pesto. Serve immediately with a sprinkle of cheese.

Tips: you can use broccoli instead of green beans

Polish Goulash Stew

A filling, earthy stew for cold days which originated in cold East European countries. Many thanks to Monika (Chef Supreme 🇸🇪) for sharing with us her beloved family recipe.



Nutritional Benefits

Parsnips and Carrots are part of the same family, although parsnips have a sweet and nutty distinctive taste that goes well with smoked paprika. They are packed with a hearty dose of fibre, vitamins, and minerals and have antioxidant properties, which fight off viruses and disease. Rich in vitamin C and folic acid they are super heart healthy.

Utensils List:

Chopping board; Bowl for flour; Knife (but scissors work best for removing fat); Pot.

Ingredients x 4 people

1 Pork Fillets, trimmed of thick fat,
cut into slices

About 2 or 3 tablespoons of flour
for dusting the fillets slices

2 medium onions

Few carrots and parsnips, sliced

1 teaspoon of smoked paprika

A pinch of Allspices

2 teaspoons of Parsley

1 Chicken or vegetable stock pot & water

Groceries Prices			
Pork fillet	Pre-packet	€	3.99
Flour	2 kg bag	€	1.29
Fresh Onions	1 kg bag		0.59
Carrots	1 kg bag		0.99
Parsnips	1 kg bag	€	1.50
Smoked Paprika	Jar		0.69
Allspices	jar		0.69
Total			9.74
LIDL Supermaret, November 2019			

Preparation.

Step 1: Trim the pork fillet of the tick fat by cutting it off with scissor or by sliding the knife underneath. Mind your fingers here!

Step 2: Cut the fillet into thick slices or cubes. Put some flour and a pinch of salt into a bowl and toss the fillet into it.

Step 3: Peel and chop onions, carrots and parsnips

Step 4: Put the oil in the pot and heat it up. Shake any excess flour from the fillet and quickly fry it. Remove fillet from the pot and place it into a plate to keep it warm.

Step 5: In the same pot and oil (add another drop if not enough) brown onions, carrots and parsnips. Last, add 1 teaspoon of smoked paprika and a pinch of allspices and put back the fillet into the pot.

Step 6: Cover the meat and vegetable with enough water, add the stock pot. Let it simmer covered with a lid for about 1 hour or until the fillet is soft. Serve it with mash potatoes or add cubed potatoes after 30 minutes of cooking.

Tips: Keep an eye on the stew. The flour coating keeps the meat tender and thicken the soup although it may stick at the bottom if you don't stir it now and again. For a quicker version, try replacing the pork with cubed chicken or beef



Penne Pasta with Pancetta Lardons, Pesto and Cream

Tasty recipe that requires no efforts; prepare this sauce while the pasta is cooking. For this recipe, is better to use tomato passata because it cooks quickly.



Nutritional Benefits

Pasta contains complex carbohydrates, which fill us for longer and fuel us with energy. It is also rich in vitamin B and Iron. However, whole grain pasta (brown pasta) has a higher content of fibre and minerals, such as manganese and selenium. Their antioxidant action supports the metabolic system.

Utensils List: Large Pot; Large Pan.

Ingredients x 4 people

- 280 gr of Penne pasta
- (about ¾ of a small packet)
- 1 packet Pancetta Lardons
- 1 Garlic clove
- 1 tube of Passata
- 1 tablespoon of Cream
- 1 tablespoon of Green Pesto
- Parmesan Cheese or grated Cheddar

Groceries Prices			
Pasta	1 kg packet	€	0.94
Pancetta lardons	2 per packet		0.99
Garlic	Packet of 3		0.69
Passata	1 carton		0.49
Green Pesto	140 gr	€	1.50
Cream	1 small tube	€	1
Parmesan cheese	100 gr	€	1.80
Total			5.92
LIDL Supermarket, November 2019			

Preparation.

Step 1: Fill a pot with boiling water from the kettle. When the water begins to bubble, throw in the salt, the pasta and stir it well. Cook it for about 10 minutes. Please see cooking time instruction at the back of the packet.

Step 2: In the meantime, heat a little oil in the pan and toss in the pancetta lardons and the garlic. Let them fry on high heat until they turn a little brown.

Step 3: Add to the lardons the passata tube. Let it simmer, covered for a few minutes. When the passata is cooked it will have a glossy colour.

Step 4: Now add 1 tablespoon each of cream and pesto. Stir it into the sauce, then turn the hob off.

Step 5: Drain the pasta but remember to reserve a cupful of water. Stir the pasta into the sauce, add some some parmesan and mix it thoroughly.

Tips: For a healthier version, omit the lardons or use turkey rashers. Replace the cream for vegetable cream. This sauce works well as a vegetarian dish: fry a medium onion, add the passata, let it simmer for about 10 minutes before adding cream and pesto.



Soups

Pea, Potatoes and Ham Soup

Quick, simple, cheap and nutritious soup ideal for using up any ham leftover. For an even cheaper version, substitute the cooked ham with pancetta or ham lardons (0.99c). Many thanks to Sue for thinking of this alternative soup.



Nutritional Benefits

Green peas are quite nutritious and contain fair amounts of antioxidants, fibre and are also high in proteins. They have a bit of each vitamins and minerals compounds and are low in calories.

Utensils: Chopping Board; Knife; Pot; Jug; Blender.

Ingredients x 4 people

Leftover ham, shredded

About 2 tablespoons of oil

1 large chopped onion

Few chopped potatoes

1 bag of frozen peas

About 1 glass of warm milk

Parmesan cheese (optional)

1 vegetable stock pot

Groceries Prices			
Fresh Onions	1 kg bag		0.59
Potatoes	2 kg bag	€	2.39
Veg Stock Pot	Packet of 4	€	1.69
Milk carton			0.99
Parmesan Cheese	100 gr Packet	€	1.80
Ham Fillet		€	4.99
Total		€	12.45
LIDL Supermarket, November 2019			

Preparation.

Step 1: Chop onions and potatoes and fry them in oil for a few minutes

Step 2: Add some cold water and throw in the peas, stirring to coat them in oil

Step 3: Add enough lukewarm water to cover the vegetable, add the stock pot and put the lid on. Let it simmer until the potatoes are soft.

Step 4: Buzz the soup with the immersion blender. Heat the milk and stir it in alongside the chopped ham. Serve warm sprinkled with cheese on top and garlic bread



Creamy Potatoes and Leeks Soup

Tasty and warming soup ideal for cold winter days with only three main ingredients.



Nutritional Benefits.

Leeks are a good source of vitamins A, C, K (important for helping blood to clot). They also contain minerals such as iron (which is important for red blood cells) and manganese (involved in the regulation of brain and nerve function). Onions contain vitamin B, helping the regeneration of cells, while potatoes have plenty of vitamin C and potassium, which helps to lower blood pressure and reduce

Utensil List: Chopping Board; Sharp Knife; Big Pot

Ingredients x 4 people.

Knob of Butter

and 2 tablespoons of Oil

1 packet of 3 Leeks, chopped

Half an onion, chopped

Few potatoes, chopped

1 Chicken stock pot (or veg cube)

Groceries Prices			
Leeks	Packet of 3	€	1.79
Fresh Onions	1 kg		0.59c
Potatoes	2.5 kg	€	2.50
Veg Stock Pot	4 Pots	€	1.69
Total		€	6.57
LIDL Supermarket, November 2019			

A little salt and pepper

A dash of double cream and a sprinkle of grated cheese (optional)

Preparation.

Step 1: Cut off the leeks' tops (green stalks) and slice the white parts into rounds. Chop the potatoes in small cubes.

Step 2: in a large pot, fry the leeks gently in butter and oil for a few minutes before adding the chopped potatoes too. Now add about 3 or 4 glass of cold water. The liquid must cover the vegs.

Step 3: Add the chicken stock and bring to the boil. Reduce heat and let it simmer for about 30 minutes or until the potatoes are soft. Taste the soup before adding salt and pepper, stock cube is salty.

Step 4: Add a dash of double cream and the grated cheese (optional but makes it super nice). Serve it warm with cheese garlic bread. Simply rub some garlic on the bread slice, add the cheese and grill it or pan fry it.

Tips: You can substitute leeks for chopped onions and double cream for hot milk.



Potatoes, Cabbage and Ham Soup

A quick dish for busy days. Healthy and nutritious.



Nutritional Benefits

Potatoes have plenty of vitamin C and potassium, which helps to lower blood

pressure and reduce cholesterol. Cabbage makes a tasty and inexpensive addition to many recipes, as well as having an outstanding nutrient profile. Rich in vitamin C and K, cabbage improve digestion, detox the liver and combat inflammation. Onions contain fibres, folic acid, and vitamin B, which helps the body producing healthy new cells. Pork meat contains vitamin B12 and is a good source of proteins and minerals like Iron and Zinc.

Utensils List: Chopping Board; Knife; Pot

Ingredients x 4 people.

2 tablespoons of Oil

1 Medium Onion and 1 clove of Garlic, chopped

Few Potatoes, cubed

1 York Cabbage, leaves chopped

1 Carrots (optional)

Leftover Cooked Ham or Bacon (or rashers), chopped

1 vegetable stock pot

Groceries Prices			
Onions	1 kg Bag		0.59
Garlic	Packet of 3		0.69
Potatoes	2 kg Bag	€	2.39
York Cabbage	1 Crown		0.99
Cooked Ham Pieces			1.99
Total		€	6.65
Lidl Supermarket, November 2019			

Preparation.

Step 1: In a pot, heat the oil and add onion and garlic. Stir and let them fry for a few minutes

Step 2: Now add the chopped potatoes, cabbage, carrot and the cooked ham or bacon. Add enough water to cover the vegetables, tip in the veg stock pot and simmer the soup for about 30 minutes or until the potatoes and cabbage are tender.

Ingredients x 4 people.

2 tablespoons of Oil

1 Medium Onion and 1 clove of Garlic, chopped

Few Potatoes, cubed

1 York Cabbage, leaves chopped

1 Carrots (optional)

Leftover Cooked Ham or Bacon (or rashers), chopped

1 vegetable stock pot

Preparation.

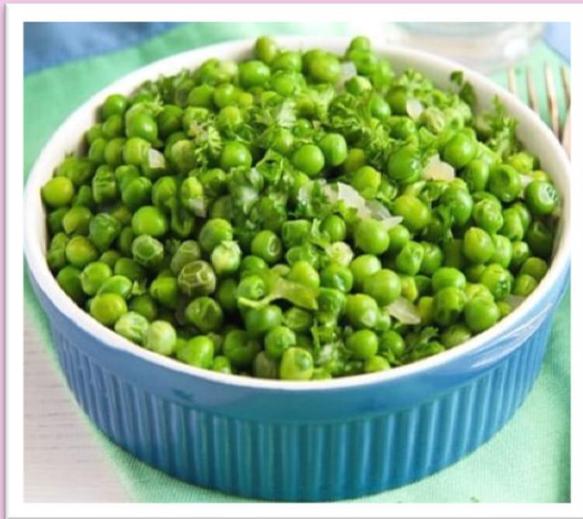
Step 1: In a pot, heat the oil and add onion and garlic. Stir and let them fry for a few minutes

Step 2: Now add the chopped potatoes, cabbage, carrot and the cooked ham or bacon. Add enough water to cover the vegetables, tip in the veg stock pot and simmer the soup for about 30 minutes or until the potatoes and cabbage are tender.

Side Dishes

Sautee Peas and Onions.

This side dish is ideal alongside any type of meat. Versatile as a main course, just add to the peas a tin of tomatoes to create a tasty sauce for pasta and rice.



(LIDL Supermarket, November 2019)

Nutritional Benefits

Olive oil is rich in monosaturated fats (good fats). Onions contain fibres, folic acid, and B vitamin that helps the body make healthy new cells. Peas are rich in vitamin C and a nice amount of heart-healthy minerals, such as magnesium, potassium and calcium.

Utensils: Chopping Board, Pot.

Ingredients x 4 people

- 1 bag of frozen Peas
- 1 medium size onion, chopped
- 2 tablespoons Olive Oil and some butter
- 1 veg stock cube

Groceries Prices			
Fresh Onions	1 kg bag		0.59
Potatoes	2 kg bag	€	2.39
Veg Stock Pot	Packet of 4	€	1.69
Milk carton			0.99
Parmesan Cheese	100 gr Packet	€	1.80
Ham Fillet		€	4.99
Total			12.45
LIDL Supermarket, November 2019			

Preparation

Step 1: Chop the onion finely and fry it in olive oil and butter.

Step 2: When the onion is golden, add about half a glass of cold water and throw in the peas and the stock cube. Let them cook uncovered for about 10-15 min and taste the peas before adding any salt.

Tips: Adding cold water to the frozen peas will keep them looking fresh. Hot water would make their skins wrinkle. To make peas and tomato sauce, just add a tin of chopped tomatoes to the fried onions and the peas, veg stock cube and little water. Let it simmer for about ten minutes. Best served with short pasta, like macaroni or penne.



Sautee Garlic Mushroom with Low-Fat Crème Fresh and Mustard.

Great on toasted bread for a quick supper or lunch. Delicious with eggs, rashers or sausages.



Nutritional Benefits

Garlic is beneficial for regulating blood pressure and blood sugar levels as well as for reducing cholesterol. Mushrooms are rich in vitamin B compound: riboflavin, niacin, and pantothenic acid help protecting heart health, as well as supporting the nervous system and protecting from stress damage. Mustard contains minerals like selenium and magnesium, which alleviate migraine and lower blood pressure. Crème fresh is high in calcium and good for bone maintenance but is high in fats. It is better using a half fat version.

Utensils: Chopping Board; Knife; Pan.

Ingredients x 4 people

- 1 packet Mushroom,
brown or white
- 1 clove garlic, chopped
- 2 tablespoons oil
- 2 tablespoons Crème
Fresh (use reduced fat version, if possible)
- 1 teaspoon yellow or wholegrain Mustard
- A bit of milk
- About half chicken or veg stock cube

Groceries Prices			
Mushrooms	250 gr		0.89c
Garlic	3 x packet		0.69c
Yellow Mustard		€	1
Crème fresh	200 ml		0.79c
Total		€	3.37
Lidl Supermarket, November 2019			

Preparation.

Step 1: Chop garlic and slice mushrooms evenly

Step 2: Add oil and garlic to a pan. When they begin to fry, add the mushrooms. Stir until the mushrooms begin to brown and release their liquid, then add the half chicken stock too.

Step 3: Stir in the crème fresh and mustard.

Tips: For a complete dish, add some chicken breast cut in pieces. If you don't like the spicy yellow mustard, try using the wholegrain mustard, which is milder in flavour and not spicy at all. On sale in every supermarket.



Leafy Salad with Walnuts, Parmesan and Figs

A tasty way to add green goodness. Peppers also work well in this salad.



Nutritional Benefits

Walnuts are proper superfood. Rich in antioxidants and Omega 3 fatty acids, they maintain healthy heart and brain functions. They also contain iron, selenium, calcium, zinc, vitamin E and some B vitamins.

Utensils List: Chopping Board; Knife; Large bowl for salad; Small bowl for the salad dressing.

Ingredients x 4 people

1 bag of leafy salad
1 bag Parmesan cheese shaving
Few chopped Walnuts
Few chopped dry Figs
Oil, Balsamic Vinegar and Salt
for the salad dressing.

(read Tips section for alternative ingredients)

Groceries Prices			
Leafy Salad	1 bag	€	1.69
Parmesan shavings	100 gr bag	€	1.80
Walnuts		€	2.00
Dry Figs		€	2.50
Balsamic Vinegar		€	1.99
Total		€	9.98
LIDL Supermarket, November 2019			

Preparation.

Step 1: Chop walnuts and dry figs.

Step 2: Add them to the salad alongside the Parmesan shaving

Step 3: In a small bowl, mix 2 tablespoons of olive oil with 1 tablespoon of balsamic vinegar and salt to taste. Stir it in the salad. Serve with toasted crusty bread spread with a bit of pesto.

Tips: for a cheaper salad, you can substitute figs for 1 sliced pear or apple. If you don't have balsamic vinegar, use some squeezed lemon and honey mixed with oil.



Appendix



Groceries Prices Index

LIDL Supermarket, November 2019			
B	Barley	500 gr	0.99
	Balsamic Vinegar	500 ml	1.99
	Beef Mince	1 lb	3.29
	Fresh Broccoli		0.99
	Frozen Broccoli	1 kg	0.79
	Fresh Breadcrumbs	200gr	1.50
	Best of Both Bread	800gr	1.39
	Brown Sauce	435 gr	0.79
	Barbeque Sauce	435 gr	0.79
C	Carrots	1 kg	0.99
	Celery	500 gr	0.79
	Medium Chicken fillets	Packet of 3	3.99
	Chicken Drumsticks	1 kg	2.15
	Cheddar Block	350 gr	1.99
	Grated Cheddar	200 gr	1.59
	Low fat Coconut Milk	400 gr	0.69
	Courgettes	500 gr	0.89
	Low-fat Fresh Cream	200 gr	0.99
	Low-fat Crème Fresh	200 gr	0.79
	Fresh Curly Kale	200 gr	0.99
	Curry Sauce	250 gr	2.29
E	Large Eggs	6 pieces	1.19
	Medium Free-Range Eggs	6 pieces	1.59
	Large Medium Eggs	10 pieces	1.65
F	Dried Figs		
G	Garlic	Packet of 3	0.69
	Fresh Green Beans	200 gr	1.29
	Frozen Green Beans	1 kg	0.99
H	Ham Fillet	700 gr	4.99
	Squeezy Honey	454 gr	1.25
L	Lemons	Packet of 3	
	Dried Red Lentils	500 gr	
	Dried Brown Lentils	500gr	
M	Mixed Herbs	Jar	0.59

	Mushrooms	300 gr	0.99
	Mustard		1.00
O			
	Olive Oil	1 l	3.29
	Vegetable Oil	1 l	1.29
	Oregano	Jar	0.29
P			
	Pancetta Lardons	Packet of 2	0.99
	Grated Parmesan	100 gr	1.80
	Parmesan Shavings	100 gr	1.80
	Pasta	1 kg	0.94
	Paprika	Jar	0.59
	Pork Mince	500 gr	2.19
	Pork Chops	450 gr	3.99
	Potatoes	2 kg	2.39
	Organic Potatoes	1 kg	1.99
	Salad Potatoes	1 kg	0.99
R			
	Rice	1 kg	0.99
S			
	Fresh Savoy Cabbage		0.99
	Soya Sauce	150 ml	0.47
	Stock Pots	Packet of 4	1.69
	Sweetcorn Tin	300 gr	0.99
T			
	Chopped Tomatoes Tins	Packet of 4	1.49
	Single Tomatoes Tin	400 gr	0.49
	Italian Tomato Passata	700 gr	1.29
	Turkey Mince	450 gr	3.59
V			
	Frozen Mixed Vegetables	1 kg	0.99
W			
	Chopped Walnuts	200gr	2.50

References and Sources



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