



# Happy Family Meals

---

Eating well can boost your mood as well as your health!  
Here are some healthy recipes and some tips for shopping better on a budget.  
All the recipes are vegetarian but you can add meat or fish if you like.





BASED ON  
ASDA PRICES

£30

## Basic Shopping List

---

- 2 x milk
- 2 bags oats
- 1 essentials Weetabix
- 1 kg frozen garden peas
- 250 ml olive oil
- frozen veggie sausages
- frozen veggie mince
- 1kg whole wheat pasta
- 1 packet whole wheat spaghetti
- 1 pesto basics
- 1kg brown rice
- tin of green lentils
- 2 tins of chickpeas
- 2 tins of essentials baked beans
- 2 tins of essential kidney beans
- 4 tins of chopped tomatoes
- 1 tomato puree
- tin of peach slices
- tin of sweetcorn
- 1 jar peanut butter
- 1 pack vegetable stock cubes
- 2 loaves of wholemeal bread
- 500g red lentils
- 1 packet crumpets
- 2 packets dark chocolate
- 10 bananas
- 2 packs wonky apples
- 2 packs wonky pears
- 2 large bags of mini satsumas
- 1 large bag of wonky potatoes
- 8 baking potatoes basics
- 1 large pack of wonky carrots
- 1 pack wonky peppers
- 2 cucumbers
- 1 broccoli
- 1 bag of sweet potatoes
- 1 bag of essentials onions
- 2 celery sticks
- 1 savoy cabbage
- wholemeal flour 1kg
- honey x2
- cinnamon
- popcorn (plain or lightly salted)
- vanilla essence
- trail mix
- 2 x plain rice cakes
- 2x basics hummus
- 8 wholemeal tortilla wraps
- natural yoghurt
- frozen berries basics
- butter / spread
- soy sauce

**TRIED  
& TESTED**

## Shopping Tips

- Choose essential/basics bread and wonky fruit/vegetables to save money.
- Go to the reduced section before you start shopping for bargains.
- Freeze foods if you can to keep them for longer.
- Never go shopping when you're really hungry as you will buy more than you need.
- Buy the basics first (see below) and then if you have extra money that week you can buy extras and treats.
- Seasonal vegetables are always cheaper and better for you and the planet.

## Top 5 Healthy Swaps

- 1** Choose whole wheat pasta and brown rice - it will fill you up for longer than white and is full of fibre so will keep your tummy in better health.
- 2** Choose wholemeal bread. It's full of more vitamins and minerals and fills you up more.
- 3** Steam, grill or poach foods instead of frying. It is less fatty and often tastes better too.
- 4** If you eat meat, then try having at least one vegetarian meal per week. It will help the planet and often costs less.
- 5** Eat seasonal foods. It is cheaper and better for you and the planet.

## EAT THE RAINBOW

CHOOSE BRIGHT AND COLOURFUL FRUIT AND VEGETABLES AND MAKE A RAINBOW ON YOUR PLATE. THEY ARE FULL OF GOODNESS AND ALL THE BRIGHT COLOURS WILL MAKE YOU FEEL HAPPY. SNACK ON FRESH FRUIT CUT INTO SLICES AND CHOPPED VEGETABLES LIKE CARROTS WITH HUMMUS OR A HOME-MADE DIP.



SERVES 1

# Berry Breakfast Smoothie



## Ingredients

1 banana  
1 cup of frozen berries  
½ cup oats  
200 ml milk (any type will do)  
100ml water  
1 tsp of honey

## Method

- 1 Mash the berries and banana. Whisk the water, milk, oats, honey and fruit. Mix together.
- 2 This is also a great mid-morning shake for an energy burst.

PERFECT SNACK ATTACK

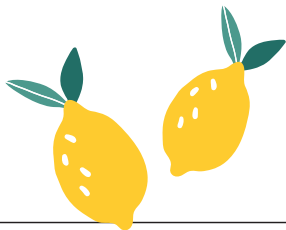
# Pea Dip

## Ingredients

1 x can of chickpeas  
(keep the liquid)  
1 cup of frozen peas thawed  
1 tbsp peanut butter  
1 tbs oil  
1 lemon squeezed  
1 clove of garlic chopped  
pinch of salt and pepper

## Method

- 1 Blend or mash all the ingredients with a potato masher or back of a fork. Put in the fridge for 10 minutes and then eat with carrot sticks, toasted pitta bread and cucumber.



---

**TIP:** THIS IS GREAT IN A HOT JACKET POTATO WITH SOME GRATED CHEESE ON TOP.

---

*SERVES 1  
AS A BREAKFAST OR SNACK*



# Omazing Oats

Oats release energy slowly, keep us full up, provide fibre, iron and may help boost mood. You can eat this hot or cold.

## Ingredients

- 1 cup of oats
- 1 ½ cup of milk (any will do)
- 1 tsp cinnamon
- 1 tsp vanilla essence
- 2 tsp honey
- 1 banana chopped and any other fruits to serve

## Method

- 1 Mix all the ingredients (apart from the banana) together well.
- 2 Put in a glass or bowl or jam jar. Top with sliced banana.
- 3 You can add lots of layers with colourful fruits too to make it look really bright and colourful. You can also add frozen berries, peanut butter or any other fruits.

---

**TIP:** YOU CAN WARM THIS UP ON A STOVE OR MICROWAVE

---

MAKES LOTS

# Hidden Veggie Pasta Sauce



Lentils and vegetables help to keep you full and are full of goodness. Brown pasta keeps you full up for longer than white.

## Ingredients

1 onion	2 tbsp tomato purée
4 carrots washed and roughly chopped	1 tsp dried mixed herbs
drizzle of olive oil	2 garlic cloves, chopped
½ cup of red lentils	1 x 400g tin of tomatoes
2 red peppers, seeds removed, roughly chopped	250ml water
2 sweet potatoes peeled and roughly chopped	salt and pepper

## Method

- 1 Heat a large saucepan over a medium heat. Add the oil and onion and fry for 2–3 minutes, until just softened.
- 2 Add the remaining ingredients, stir well and bring to the boil. Turn the heat down and simmer gently for 45 minutes, until the vegetables and lentils are cooked.
- 3 Mix well with cooked pasta and add some cheese on top if you like.

### LEFTOVERS

- You could add 1 pint of water to this before you blend and make it into a lovely soup to have with some bread.
- Add some frozen mince and a cup of stock to this, to make a bolognaise and have with spaghetti.

**SNACK ATTACK**  
SLICE AN APPLE AND SPREAD PEANUT BUTTER OR HONEY OVER EACH SLICE.

**TIP:** SEPARATE INTO PORTIONS TO FREEZE AND USE AT A LATER DATE. YOU CAN REALLY USE ANY VEGGIES IN THIS DISH: BUTTERNUT SQUASH, PARSNIP, SWEDE AND BEETROOT ALL WORK WELL.





**SNACK  
ATTACK**  
TRY PLAIN RICE  
CAKES WITH  
MASHED BANANA  
& A DRIZZLE  
OF HONEY.

**SERVES 4**

# Comfort Pie

A hearty and cosy veggie  
shepherd's pie that all  
the family will love.

## Ingredients

1 large onion, peeled and  
chopped  
1 garlic clove, peeled and  
chopped  
2 celery stalks, chopped  
a little oil  
2 carrots, chopped into small  
chunks  
1 tsp ground cinnamon  
1 tin kidney beans (any tinned  
beans will do)  
1 tin of butter beans  
100g of lentils  
1 tin chopped tomato  
300ml vegetable stock  
(any will do)  
salt and pepper

### FOR THE MASHED POTATO TOPPING

700g potatoes  
50ml milk  
A little butter or oil if you like  
salt and pepper

## Method

- 1** First make the mash: boil water in a large pan, add potatoes and a pinch of salt and cook for 20 minutes.
- 2** Fry onion and garlic for 2 mins. Add celery and carrot and cook on a low heat for 5 mins. Add cinnamon, beans, lentils and tomatoes. Add the stock and mix. Cook on a low heat for 15 minutes until the lentils are soft. You can add more water if needed. Add the herbs, mix well and put into a large dish.
- 3** Preheat the oven to 180C. Drain the potatoes and mash them with a little milk, olive oil, salt and pepper. Put the mashed potatoes on top of the bean mix.
- 4** Spread it out evenly and top with the mash. Bake for 35–40 minutes. If you do not have an oven you can use a grill for 5-10 mins to get the mashed potato topping crispy. If you do not have an oven or grill you can eat this like a stew.

### LEFTOVERS

- If you have leftovers, put all the pie into a bowl and mix well. Shape into patties and fry in a little oil on a low heat until golden each side and have with some green vegetables.





SERVES 4

# Veggie Chilli



## Ingredients

2 tbsp olive oil  
1 large onion, peeled and chopped  
1 garlic clove, peeled and crushed  
1 large sweet potato washed and chopped into small pieces  
1 tsp cinnamon  
1 tsp chilli powder  
1 tin kidney beans  
1 tin chickpeas  
1 tin chopped tomatoes  
150ml water  
salt and pepper

### TO SERVE

Cooked rice and plain yoghurt

## Method

- 1 Heat the oil in a large saucepan and lightly fry the onion and garlic for about 5 minutes, until soft. Stir in the spices and cook for 2 minutes. Then add all the other ingredients and 125ml water.
- 2 Season with salt and pepper, stir well, and simmer for 20 minutes. Serve with cooked rice and a spoonful of natural yoghurt on top. Or you can serve in tortilla wrap with some salad and grated cheese and roll up like a burrito.

### LEFTOVERS

- Use up leftover chilli by mashing the chilli with a potato masher and then making into patties. Leave in fridge for an hour to chill and then fry on a low heat for 10 minutes on each side to make spicy bean burgers. Serve in a bread roll with salad and ketchup.

---

**TIP:** LEAVE A BOWL OF RAW VEGETABLES SUCH AS CARROT STICKS, CUCUMBER SLICES AND SALAD LEAVES FOR YOUR KIDS TO MUNCH ON WITH LUNCH AND DINNER.

---

**SERVES 4**  
*AS A LUNCH OR DINNER*



# Sausage & Bean Stew

## Ingredients

1 onion, chopped  
2 carrots, chopped  
1 stick of celery, chopped  
1 tbsp tomato puree  
1 tin chopped tomato  
1 red pepper  
300ml vegetable stock  
(any will do)  
1 tin chickpeas or beans  
8 sausages sliced (I use  
veggie, but any will do)  
splash of soy sauce

## Method

- 1 Pre-heat the oven to 180C.
- 2 Brown sausages in a saucepan with a little oil on a low heat. Add onions, carrots, celery and red pepper,
- 3 Add a tin of tomatoes, tomato puree, drained beans/ chickpeas and soy sauce.
- 4 Add as much stock as you need to cover ingredients, then salt and pepper to taste. Simmer for 20 mins on low.
- 5 Serve with a mashed/ jacket potato or cooked rice and some green vegetables like broccoli.



### SNACK ATTACK

*DID YOU KNOW POPCORN  
IS A HEALTHY SNACK?  
CHOOSE PLAIN AND ADD  
TOPPINGS, LIKE CINNAMON  
& HONEY, DRIED FRUITS,  
COCONUT, CHOPPED NUTS  
& MELTED CHOCOLATE.*

### LEFTOVERS

- If you have leftover stew you can make a yummy minestrone soup for the next day.
- Add 500ml of stock (1 stock cube in hot water) and some broken spaghetti. (about 150g wholewheat spaghetti broken into small bits) Cook for 15 minutes and serve with some bread.



## Foods that may help to boost your mood

- 1 Try to eat a variety of fruit and vegetables (frozen and tinned count)
- 2 Water (make sure you stay hydrated)
- 3 Eating gut friendly foods such as fruits, vegetables, wholegrains, beans and pulses can help to keep your tummy happy. Gut and brain are connected. A happy tummy can support your mood.

## Top 5 tips for self-care at home

- 1 Drink plenty of water. At least 6-8 glasses per day.
- 2 Make sure you stretch throughout the day. Stretch as high as you can and then try and gently touch your toes.
- 3 Try and go out for a little walk once a day if you can. Walk quickly so your heart starts to pump quicker. It is so important to get daily exercise.
- 4 Try and think about 1 thing that you're grateful for every day. Maybe it's your pet or your teddy bear or maybe it's because you made a new recipe from here and it's tasty.
- 5 Remember to eat your 5 fruit and vegetables a day. It will make you feel full of energy.

Thank You to EMAS ( Ethnic Minority Achievement Service)



Design by Nikki Dupin for Studio Nic&Lou