



Potato and onion soup

A hearty, filling and really cheap meal, even better when it's chilly outside! Although it takes a while to simmer, the recipe is really easy to put together.

2 MEDIUM POTATOES	0.15
1 ONION	0.12
1 STOCK CUBE	
PINCH OF OREGANO	
SPLASH OF OIL	

TOTAL 0.27

OPTIONAL EXTRAS:

SLICE OF BREAD	0.02
TOTAL WITH EXTRAS:	0.29

First of all, dice the onion, and cut the potato into roughly 1cm pieces.

Put a small amount of oil in the pan, and fry the onions for about 3 minutes. Now pour in the stock, and the potatoes, reduce to a medium heat and simmer for about half an hour, stirring every now and then...

The basis of any soup is the stock and we are going to use a stock cube from the spice pack for this. Making stock is really easy: just pop on the kettle, fill a mug with boiling water, and crumble the stock cube in it. Stir it a little to help it dissolve, and it's done!

That's it! It's done! It should have gone really thick and creamy; if not, cook for a bit longer, or add a splash more water if it looks too thick for your liking ;)

Now for the soup...

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Spanish omelette

My dad calls this a Spanish Omelette, but I don't think anyone else does! It is basically anything you have left over, mixed in a light fluffy omelette. Cheap and uses up anything you have lying around.

100G SPAGHETTI	0.05
1 CAN TOMATOES	0.20
1 ONION	0.15
50G DRIED TVP	0.10
PINCH OF OREGANO	
PINCH OF BASIL	
SPLASH OF OIL	

TOTAL 0.50

OPTIONAL EXTRAS:

GRATED CHEESE	0.20
TOTAL WITH EXTRAS:	0.70

Things that are good in an omelette are peppers, tomatoes, ham, pre-cooked potatoes, carrots; basically anything you have a little bit left over of.

Get the oil in a frying pan really hot and pour the whole mixture into the pan and let sit for a few seconds. Soon the edges should go solid and a bit brown, at this stage push the edges back with a spatula to let more liquid fill the edge.

Dice it all up small, and put in a bowl with 3 eggs. Add the salt, oregano and basil at this stage, and if you have any milk, a little splash helps it be extra fluffy and yummy.

Keep swilling the pan around a little so the omelette doesn't stick. When browned on the underside (about 2 min) you can either flip the omelette upside down if you are feeling brave, or cut in half with the spatula and turn each side over. Cook for another minute or two, it really shouldn't take too long, flip again and serve. Olé!

Now whisk (with a whisk if you have one, or fork if you don't) for at least a minute to foam up with lots of little air bubbles in it to make it light and melt in the mouth.

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Vegan cooked breakfast

Not many people have tried tofu before, but this is a cool introduction to a versatile food - an alternative to scrambled eggs. This full breakfast will keep you going all day, it includes tofu, toast, hash browns and beans! Wow! All for just 68p!

2 MEDIUM POTATOES	0.15
1/2 AN ONION	0.06
1/2 A PACKET OF TOFU	0.40
1/2 CAN BAKED BEANS	0.05
SLICE OF BREAD	0.02
SPLASH OF OIL	
PINCH OF SAGE	
TOTAL	0.68

Okay, the secret to good tofu is to squeeze all the water out; a bit of a hassle, but gives a much better texture. Cut the tofu into 3 thin slices, and lay them next to each other wrapped in plenty of paper towels.

The next bit is fun, put a tray or plate on top of the tofu and put lots of heavy cans and bottles in the tray to weigh it down. After 10 minutes this will squeeze all the water out and stop the tofu being rubbery.

While you are doing this, peel the potatoes and with a cheese grater grate them into a bowl, and cover with water. That is all hash browns are: grated potato soaked in water! Slice the onion into rings and fry them in some oil with salt pepper, oregano and a pinch of sage. Sage is the secret ingredient and makes it all taste meaty and filling :)

Now take the potato which has been soaking for 10 minutes and drain it carefully, forming them tightly into small burger shapes. Carefully put them in the pan to fry with the onion. Don't worry if they fall apart a little when turning them over, they'll still taste just as good!

Tofu time: rip it into small thumb sized pieces and add to the mixture in the frying pan. Cook all of this for about 10 minutes, turning every now and then until the tofu starts to go a little brown.

This mixture tastes good with a diced tomato if you have some, and even salsa after the \$2 a day week... Serve with a slice of toast and half a can of baked beans, should just take 3 minutes in the microwave, stirring half way through.

the \$2 a day challenge



Chick pea or potato curry

Curry is really easy and cheap. This recipe can work to make potato or chick pea curry, and definitely makes enough for two meals, so save for dinner the next day. When reheating the rice (either by frying or microwave) just make sure it is steaming hot all the way through to kill any germs.

Start by dicing the onion and the potato (if you are using it). In a pan heat up a generous splash of oil and a pinch of salt, then stick in the coriander seeds and heat for a few minutes until they start to pop! Then put in the onion, cumin seeds and dried chili and fry for a few minutes on a medium heat until the onions go golden, stirring often.

Now shove in the chick peas (draining first) or potato, and get the whole caboodle mixed together well before dumping in the whole can of diced tomatoes. Add the curry powder and simmer on a low heat for about half an hour, stirring every now and then and watching to make sure the curry doesn't burn and go brown. The best thing about curry is the smell, your kitchen will smell wonderful and aromatic for hours!

2 MEDIUM POTATOES OR	0.15
1 CAN CHICK PEAS	0.40
1 CAN TOMATOES	0.20
1 ONION	0.12
2 CUPS OF RICE	0.20
1 TEASPOON CUMIN	
PINCH OF CORIANDER	
1 TEASPOON GINGER	
PINCH OF DRIED CHILLI	
1 TSP CURRY POWDER	
TOTAL	0.92/0.67

The next thing to do is the rice, this takes about 25 minutes, so start about 5 minutes after the curry is bubbling away.

Rice isn't too hard to do: the simplest way to do it is to dunk it dry in a pan with twice as much water as rice (ie 4 cups). Now bring the water to the boil, and once it's bubbling, put a lid on, turn down the heat, and cook until all the water has evaporated. Poke around with a fork to fluff it a bit, and you should have nice steamed rice for your curry.

If there is still water left after 20 minutes, don't be afraid to cook it a bit longer until it's dry - the curry absorbs more flavor the longer it sits, so the slower cooked the better. Shove half the curry on half the rice, and voilà!

the \$2 a day challenge