



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.

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!

Now for the soup...

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...

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 ;)

the \$2 a day challenge



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.

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.

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.

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.

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!

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