

# Eat well on a tight budget



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## **Eat well on a tight budget**

The increase in the cost of living is having a major effect on food choices and nutrition. There is a greater reliance on calorie dense and nutrient poor food and the struggle, especially in families with young children, to put healthy food on the table is causing stress & anxiety. Worry and less nutritious food contribute to a weak immune system and increased risk of chronic diseases.

Change is needed at all levels, structural, cultural, local and individual to create a fair and equitable food system where everyone has access to tasty, affordable and healthy food.

Whilst the change we need happens there are steps you can take to help ensure healthy eating on a budget. Seeds of all sorts can be sprouted vastly improving the nutrition. Seasonal vegetables and potential waste trimmings can be fermented into foods and drinks that support a healthy gut and robust immune system and you can wild gather super nutritious plants like nettles, wild garlic and blackberries for free.

These are challenging times but the tips and recipes on the following pages steer you towards achieving a healthier diet within a tight food budget.

Daphne Lambert  
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## **12 tips for thrifty cooking**

### **eat seasonal**

Fruit & vegetables are cheaper when in season. It's fresher, healthier - better for you and the planet. Check out the UK food season at

<http://www.eattheseasons.co.uk>

Learn how to make good use of seasonal abundance.

### **learn to preserve**

Preserving food is a fantastic way to stretch your budget, help the environment and live a healthier life all at the same time. A well-stocked larder will ensure that you have something to eat, despite the absence of a fair and resilient food system.

### **plan meals**

It is worth planning your meals for a whole week. Try and connect your meals throughout the week, how you can use the same ingredients more than once and how leftovers can be turned into a new meal. Make a comprehensive shopping list. Most supermarkets have on line delivery.

### **love your leftovers**

Turn supper leftovers into a simple lunch of frittata, soup or salad.

Vegetables can be added to a buckwheat, rice or pasta dish for supper the next day. Left over lentils or beans can be blitzed, mixed with flour and turned into flatbreads.

### **keep essentials well stocked**

Keep your store cupboard stocked with essentials; it makes it easy to cook a budget friendly supper.

Versatile ingredients to have on hand include tinned tomatoes, tinned pulses, whole wheat pasta, brown rice, cous cous, potatoes, stock cubes, soy sauce, herbs & spices. Store frozen peas & sweetcorn in the deepfreeze.

### **eat less meat (or cut out meat)**

If you decide to include meat in your diet organic is essential for you and the planet. High animal welfare is integral to organic farming systems. Organic meat has greater nutritional benefits and no antibiotics, synthetic growth hormones, GMO's or pesticides to compromise the immune system.

### **eat more legumes**

Beans, peas and lentils are all legumes. They are affordable, super-versatile and a source of protein and fibre. You can buy them in tins or dried. Make sure you soak dried lentils, beans and peas overnight before using. Sprouting makes them even more nutritious.

### **batch cook**

If you can, cook in bulk. It saves time, energy and waste. It's very easy to make a big batch of soup or stew. Store some in the fridge to use over a couple of days and freeze the rest in manageable serving sizes. It's great to know you have something in reserve if you don't feel like cooking.

### **think oven efficiency**

When you use the oven make sure you fill it up. If you are baking bread or cooking a tray bake, roast vegetables at the same time to eat throughout the week. Turn the oven off 10 minutes before your dish is cooked. The residual heat will be enough to finish the dish.

### **avoid ultra processed foods**

Avoid buying ultra processed foods like mass produced breads, cakes and biscuits, processed meat products, soda drinks and ready meals. Not only are they expensive, they often contain lots of sodium or sugar, with little to no nutritional value.

### **forage and glean**

Foraged nettles, wild garlic, mushrooms, mallow, ground elder, blackberries, nuts and rosehips all aid your wellbeing, and boost the health of your body and mind. Gleaning salvages surplus food left on farms after harvest. Find out more

<https://gleaning.feedbackglobal.org>

### **grow your own**

Growing your own vegetables and fruit is a fantastic way to save money and the gentle exercise is good for your health. If you don't have a garden you could go for an allotment and if the thought of that is too onerous you could share an allotment with friends.

## **Energy efficient cooking**

Wonderbag is a brilliant non-electric, portable slow cooker. It continues to cook food (which has been brought to a boil by conventional methods) for up to 8 hours without the use of additional energy.

Chickpeas after a 15 minute boil take 4-5 hours,  
lentils after a 10minute boil take 1-2 hours

Wonderbags come in 2 sizes and you can find out more at  
<https://www.wonderbagworld.com>

Slow cookers are an energy efficient way to cook with many different designs and functions to choose from.

You can buy online or in shop from  
<https://www.nisbets.co.uk> or <https://www.argos.co.uk>

## **Sprouted seeds for added nutrition**

Sprouted seeds are easy and inexpensive to grow. All edible grains, seeds (with the exception of the deadly nightshade family – tomatoes, aubergine, potatoes and peppers) and legumes (with the exception of kidney beans) can be sprouted.

By sprouting seeds, nutrients, including amino acids (the building blocks of proteins), sugars in the form of glucose, and vitamins and minerals become more available and absorbable. Sprouting increases beta carotene and the vitamin C content of a sprout can be really significant. The vitamin B content increases, especially in grains, including B2, B5, and B6.

A major benefit of sprouting is that it unlocks beneficial enzymes. These enzymes make all types of grains, seeds and beans easier to digest. Another benefit of sprouting is that it helps decrease the presence of potential anti-nutrients. Anti-nutrients are naturally occurring compounds like phytate found in plant seeds that can interfere with mineral absorption.

Sprouting seeds makes them edible when raw, but sprouted seeds can also be used in a cooked dish.

Including sprouts in your diet helps increase the nutritional content of your food. Sprouting reduces the time and energy required to cook seeds.

## **How to sprout**

All you need are seeds, water, a jar and some fine net, alternatively a sprouting jar with a mesh top.

Pop a couple of tablespoons of seeds into the sprouting jar and cover generously with filtered water. Fasten a piece of net over the top or screw on a mesh filter lid. Soak overnight (only soak buckwheat for 1 hour). Pour off the soak water and rinse well through the net or mesh. Prop the jar at an angle to drain. Rinse the sprouts morning and evening. Keep moist at room temperature until the desired sprout length. Once the sprouts are ready, rinse in a colander, wash thoroughly, drain, put in a bowl, cover and store in the fridge.

**more info -** [www.greencuisinetrust.org/sprouting](http://www.greencuisinetrust.org/sprouting)

## **Recipes**

### **Sprouted mung bean kitchari**

*serves 4-6*

200g brown basmati

300g mung beans - sprouted

2 tablespoons olive oil

2 red onions diced

2 cloves garlic finely diced

1 carrot sliced

2 sticks celery sliced

1 level dessertspoon each turmeric, cumin and coriander

1 dessertspoon grated fresh ginger

1 teaspoon ground cinnamon

1 teaspoon ground cardamom

juice of 1 lemon

sea salt and freshly ground black pepper

Cook the onions and garlic in the olive oil until soft, add the carrot and celery and cook for a further 2 minutes. Add all the spices, mix well then add the rice & sprouted mung beans, stir until all of the ingredients and spices are combined. Add 500ml water. Bring to a boil, then allow to simmer for 45-60 minutes. Adding more water as needed. When ready stir in the lemon juice and season well with salt & pepper and serve as is or top with either coriander, chilli sauce or yogurt.

## **Sprouted seed salad**

*serves 2*

1 handful sprouted green lentils  
1 handful sprouted mung beans  
1 small handful sprouted broccoli  
1 yellow pepper diced  
1 red pepper diced  
1 clove garlic crushed  
2 teaspoons grated fresh ginger  
splash of tamari soy sauce  
2 tablespoons olive oil

In a bowl combine the sprouts and the peppers. Whisk the remaining ingredients together, pour over the sprouts and peppers and gently toss together. Delicious piled on top of jacket potato or serve as a side salad.

## **Nettle soup**

*serves 4*

400 g nettle tops  
200 g potatoes peeled if necessary & roughly chopped (you could also use sweet potatoes)  
750ml well flavoured vegetable stock  
salt & pepper  
garlic hemp cream (optional)

Plunge the nettle tops into 500ml boiling water for 30 seconds, drain reserving the water for cooking the potatoes. Refresh the nettles in cold water. Set aside.

Put the potatoes, stock and reserved nettle water into a pan, bring to the boil, then reduce the heat and simmer until the potatoes are tender. remove from the heat, cool slightly, add the nettle tops to the pan, then process to a purée in a food processor. Return to the pan and gently bring back to the boil. Season as necessary with salt and pepper. Ladle into bowls and top with a dollop of hemp cream.



## **Garlic hemp cream**

125g shelled hemp seeds

110ml water

handful wild garlic leaves roughly chopped or 2 cloves garlic chopped

Process all the ingredients in food processor until smooth and creamy. Stores well in fridge 2/3 days.

## **Potato colcannon gratin with waste not kimchi**

*serves 4/6*

1 kilo potatoes

small head of spring cabbage

4 spring onions, chopped finely

4 cloves garlic, chopped finely

bunch parsley roughly chopped

8 sage leaves shredded

2 tablespoons olive oil

2 tablespoons butter

salt & pepper

200ml oat milk

extra olive oil

4-6 tablespoons waste not kimchi

Scrub potatoes and boil until tender. Chop the cabbage and steam until tender. Cook the onion and garlic in the olive oil for a few minutes. Toss in the cabbage then remove from heat.

Remove the skin if you prefer or mash the potatoes with their skin.

Heat milk and butter and beat into mash with cabbage mixture, season well. Put into oven proof dish, sprinkle oil over top and bake 15 minutes. Serve with waste not kimchi.

## **Waste not kimchi**

Almost any vegetable can be fermented. The following recipe works best with hard vegetables, it is a simple technique to ensure all your vegetables are used up and never wasted.

Beets, sweet potatoes, turnip, carrots, peppers, turnips, kohlrabi, swede, pumpkin, parsnip whatever needs using up!

Spices & herbs to use for each 500g of vegetables.

2 tablespoons grated ginger, 4 cloves garlic, chopped, 1 tablespoon chili flakes, 2 tablespoons chopped chives, 2 tablespoons chopped parsley

Grate the vegetables. Add a scant tablespoon salt (10g) for every 500g of vegetables.

Massage well together to pull the juices out of the vegetables.

Mix in the spices & herbs. Pack into a wide neck jar like a kilner.

Press down well to ensure the vegetables are covered with brine adding a little water if necessary.

Weigh down to keep the vegetables submerged. Cover with a cloth.

Ferment in a warm place away from direct sunlight for 7 days.

Fasten lid & store in a cool dry place or refrigerate.

Unopened will last for at least 6 months.

## **Minestrone**

*serves 6*

2 red onions, finely chopped

2 cloves garlic, finely chopped

350g diced carrot

2 tablespoons olive oil

1 1/2 litres vegetable stock

1 bay leaf

1 sprig rosemary

1 x 400g chopped tin tomatoes

1 x 400g tin white haricots beans

350g frozen peas

100g cauliflower florets

100g wholemeal pasta

handful kale or spinach finely cut

pepper, salt,

yeast flakes

Cook the onion, carrots and garlic in olive oil, until they begin to soften. Add the stock, bay leaf and rosemary. Bring to the boil. Reduce heat and simmer gently for 30 minutes. Add the tomatoes & white haricots to the soup and cook for 10 minutes. Add the pasta, peas & cauliflower and cook for a further 10 minutes. Add the kale or spinach and cook for a further 2 minutes. Season well, ladle into bowls and top each one with a dessertspoon of yeast flakes. Store any soup not used in fridge for up to 3 days.

## **Shakshuka**

In late summer when there are an abundance of tomatoes and peppers, prepare a bulk batch of sauce and freeze in serving size containers to use in the winter.

*serves 4*

2 tablespoons olive oil

2 red onions diced

1 red pepper, deseeded and diced

1 green pepper, deseeded and diced

1 yellow pepper, deseeded and diced

2 garlic cloves, peeled and finely diced

1 red chilli, deseeded and finely diced

1 tsp ground cumin

6 ripe tomatoes, roughly chopped (used tinned or your own preserved tomatoes in the winter)

4 eggs

salt and black pepper

Heat oil in a medium frying pan. Add the onion and peppers and cook over a medium to high heat for 5 minutes until soft. Stir in the garlic, chilli and cumin and cook for a minute.

Add the tomatoes and 100ml of water and bring to the boil. Simmer gently until the tomatoes are broken down and the sauce is thick - taste and season.

Using the back of a large spoon, make 4 dips in the sauce, then crack an egg into each one. When the whites turn white cover the pan with a lid and over a low heat finish cooking the eggs to your liking.

## **Potato & spinach frittata**

*serves 4*

1 large cooked potato diced  
350g spinach stems removed and finely shredded  
2 cloves garlic crushed  
1 oz parmesan cheese grated  
1 teaspoon chopped rosemary  
salt and pepper  
6 eggs  
1 tablespoon olive oil  
25g butter.

oven 180 C

Wilt the spinach in the olive oil. Stir in the crushed garlic, rosemary and season well. Put into a bowl with the potato and cheese. Beat the eggs and stir into the spinach and potato mixture. Melt the butter in a sauté pan and when foaming pour in the egg mixture. Cook over a low heat for a couple of minutes or until the sides begin to set. Transfer to the oven and cook for 10 – 12 minutes or until set and golden. Leftovers are a good addition to a lunchbox.

## **Chana masala**

*serves 4*

200g chickpeas, soaked overnight  
3 tablespoons olive oil  
2 bay leaves  
1 onion roughly chopped  
1 tomato roughly chopped  
1 inch piece fresh ginger, peeled & grated  
4 cloves garlic, chopped  
1 inch piece fresh turmeric, peeled & grated  
1 green chilli pepper, chopped  
1 teaspoon ground chilli  
1/2 teaspoon ground cumin  
1 teaspoon garam masala  
pinch salt  
handful of fresh coriander roughly chopped (or use flat leaf parsley)

Rinse the chickpeas well and cook until tender - (stove, wonderbag or slow cooker). Alternatively use a 400g tin chickpeas. Pulse the onion, tomato, ginger, garlic, turmeric and chilli pepper together in a food processor into a paste. Gently warm the bay leaves in the olive oil until fragrant. Add the paste and cook for 2-3 minutes.

Add the ground chilli, cumin & gram masala. Season with a pinch of salt; tip in the chickpeas and enough water so the mixture makes a sauce that coats the chickpeas.

Cook until the chickpeas are heated through. Stir in the fresh coriander (parsley) and serve.

Serving suggestion - serve with rice or flatbread and a green vegetable.

## **Potato & pea curry**

*serves 4*

2 onions chopped  
2 tbsp olive oil  
3 cloves garlic chopped  
1 tsp chilli flakes  
1 tsp ground cumin  
1 tsp curry powder  
400g tin chopped tomatoes  
4 medium sized potatoes, scrubbed and diced  
300g frozen peas  
salt & black pepper

In a large pan gently cook the onion in the olive for 5 minutes. Add the garlic. Cook for a further 2 minutes. Add the spices and stir well. Add the tomatoes and 300ml water and cook for 10 minutes over a low heat.

Add the potatoes and enough water to just cover the potatoes. Cook over a gentle heat until tender. Add the peas and cook for a further 5 minutes.

serving suggestion - serve with flatbread

## **Lentil flatbread**

use the same recipe for any left over blitzed legume.

250g leftover lentil dahl

250g spelt flour

1 □ 2 tsp chilli flakes

handful of chopped herbs -coriander, parsley or chives olive oil pinch of salt & twist of black pepper

Put the lentils in a bowl. Add the flour, chilli, herbs, 1 tablespoon olive oil, salt & pepper and mix with enough water to make a dough that holds together. Knead for a minute to create a smooth dough and then leave to rest, covered, for 15 minutes.

Divide dough into 6 and shape each into a ball. Dust your table and the balls with flour. Roll each ball into a 6" circle.

Brush a frying pan lightly with oil; gently heat, then place a flat bread in the pan pressing down well. Cook for 1 minute, then flip over. Brush the surface of the flatbread with oil, flip again and brush the upper side with oil. Slide onto a plate and repeat with the remaining flatbreads.

## **Brussel sprouts with coriander seeds, chillies & ginger**

500g Brussel sprouts any tough outer leaves removed

2 tablespoons olive oil

4 tablespoons stock

1 teaspoon ground coriander

1 fresh chilli, finely diced

2 teaspoons grated ginger

splash of tamari

black pepper and salt

Cut the sprouts in half lengthways. In a flat pan with a lid gently cook the sprouts in the olive oil and stock for just 2 minutes.

Remove the lid and continue to cook for 2 minutes until all the stock has evaporated. Toss in the spices and tamari, season with salt and pepper and serve.

Optimal human health comes from eating nutrient dense foods produced and processed in ways that maximise both the quality and quantity of nutrition.

Ecological health is integral to human health. Food grown using nature based, regenerative farming practices, manage sustainably the complex interactions between water, energy and food, thus protecting and enhancing the environment whilst producing nutritious food.

- buy organic food whenever you can
- eat seasonally
- source your food as locally as possible
- join a box scheme
- grow your own (garden, allotment or community garden)
- support food & farming campaigning organisations

Daphne Lambert is an eco-nutritionist focusing on the interactions between agriculture, ecology and human nutrition.

Greencuisine Trust works to bring about a transformation in the way we eat. Through practical food experiences the Trust highlights the connections between our well-being, natural resources, the environment, and our planet.



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