

# Benalla

## HEALTH

# Autumn and Winter Recipes

Tried and tested recipes from  
the REACH Cooking Group and  
Foodcents Cooking Groups





# Mexican Bean Soup

SERVES 4

## Ingredients

- 1 tb Olive Oil
- 1 Brown onions, diced
- 2 garlic cloves, chopped
- 1 long red chilli (optional)
- 800g can of diced tomatoes
- 1 cup Vegetable Stock, salt reduced
- 400g can of red kidney beans, drained and rinsed
- 4 slices toast, wholemeal
- 1 ripe tomato, diced
- Grated cheese, diced avocado and coriander leaves to serve

## Method

1. Heat oil in saucepan. Cook onion, garlic, chilli for 5 minutes. Add tomatoes and stock. Bring to the boil. Reduce heat and simmer, covered, for 10 minutes.
2. Use stick blender to blend until smooth. Add kidney beans and cook for another 1-2 minutes.
3. Grill some cheese on toasted bread.
4. Top soup with diced tomato, coriander leaves and avocado.



# Lentil & Veggie Soup

SERVES 4

## Ingredients

- 1 Tb olive oil
- 2 carrots, diced
- 2 zucchini, diced
- 2 sticks celery, diced
- 1 brown onion, finely chopped
- 400g diced tomatoes
- 2 cups vegetable stock, salt reduced
- 400g can brown lentils, drained and rinsed
- 1/2 cup parsley leaves, chopped
- 1 lemon, cut into quarters
- 4 crusty wholemeal bread rolls to serve

## Method

1. Heat oil in large saucepan. Add carrots, zucchini, celery and onion. Cook for 10 minutes.
2. Add tomatoes and stock. Cover and bring to the boil. Reduce heat to low. Simmer, partially covered for 15 minutes until vegetables are soft. Add lentils. Cook for 5 minutes.
3. Serve with a sprinkle of parsley, lemon wedges and bread roll.



# Volcano Buns

SERVES 4

## Ingredients

- 4 whole grain bread rolls
- 1 slice lean shaved ham - cut into quarters
- 3/4 cup baby spinach leaves
- 4 eggs
- 1/3 cup reduced fat grated cheese
- 1 Tb chopped parsley
- 1x diced tomato
- Sweet paprika to dust (optional)

## Method

1. Preheat oven to 180 degrees,
2. Cut the top third off the bread roll. Scoop out the bread in the middle.
3. Line the inside of each roll with ham and baby spinach and tomato
4. Crack an egg. Pour into the middle of the roll. Sprinkle with cheese and paprika.
5. Bake rolls in oven for 15 minutes until golden. Serve.



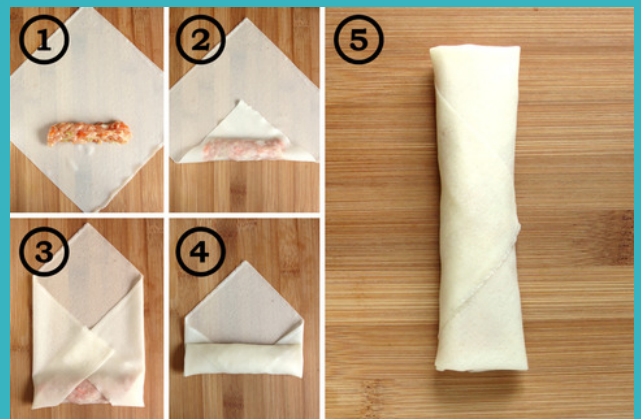


# Oven Baked Spring Rolls

SERVES 4

## Ingredients

- 1 tsp olive oil
  - 1 clove garlic, chopped
  - 100g mushrooms, diced
  - 200g pork or beef mince (optional)
  - 4 spring onions, sliced
  - 1 carrot, grated
  - 3 cups Chinese cabbage, shredded
  - 12 spring roll wrappers
  - 1 egg white, lightly whisked
- Sauce mix: 1 tsp hoisin sauce, 1 tsp soy sauce, 2 Tb sweet chilli sauce



## Method

1. Preheat oven to 200 degrees.
2. Heat oil in a saucepan. Stir fry garlic and mince until brown. Cook mushrooms, spring onions and carrot. Stir in cabbage and cook until wilted. Toss in sauces.
3. Spoon mixture into wrappers. Fold in sides and roll up. Place onto baking tray and brush with egg white. Bake for 15 minutes until golden brown.



# Veggie Omelette

SERVES 4

## Ingredients

- 1 Tb peanut oil
- 4 spring onions, sliced
- 2 carrot, grated
- 200g snow peas, trimmed and thinly sliced
- 2 cup bean sprouts
- 8 eggs
- Salt and pepper

## Method

1. Heat oil in a saucepan on high heat. Add spring onions, carrot, snow peas and bean sprouts. Cook for 2 minutes. Set aside in a bowl.
2. Whisk eggs and add salt and pepper.
3. Heat oil in saucepan over medium heat. Add one quarter of the egg mixture and swirl around saucepan. Cook until base is golden. Place vegetable mixture over half of the omelette. Fold the omelette in half and cook for several minutes.



# Pumpkin & Spinach Cannelloni

SERVES 4

## Ingredients

- 1kg pumpkin, cut into 3 cm chunks
- 250g frozen chopped spinach
- 500g reduced fat ricotta cheese
- 2 cloves garlic, crushed
- 400g tinned chopped tomatoes
- 2 packets cannelloni shells
- 1/2 cup chopped basil
- 1 cup reduced fat grated tasty or mozzarella cheese

## Method

1. Preheat oven to 180 degrees.
2. Place frozen spinach in a microwave proof bowl. Cook on high for 3 minutes. Squeeze cooked spinach to remove liquid.
3. Steam or microwave pumpkin with a small amount of water for 10-15 minutes until tender. Drain and mash.
4. Add spinach, ricotta cheese, garlic, pumpkin to a bowl and combine. Spread 1/3 cup canned tomatoes on the bottom of a baking tray. Spoon mixture into cannelloni shells.
5. Top cannelloni with tinned tomatoes and cheese. Bake for 20-30 minutes until golden. Serve with a mixed salad.



# Loaded Bolognese

SERVES 4

## Ingredients

- 1 tsp olive oil
- 2 cloves garlic, chopped
- 1 brown onion, diced
- 500g beef mince
- 2-3 stalks celery, sliced
- 2 carrots, grated
- 1 zucchini, grated
- 1 can kidney beans, drained and rinsed
- 1 eggplant, diced
- 1 handful green beans, cut into 2 cm pieces
- 500g tomato pasta sauce
- 250g pasta

## Method

1. Heat oil in saucepan. Add onion and garlic. Cook until soft.
2. Add mince and stir fry until brown. Add celery, carrots, zucchini, eggplant, beans and kidney beans. Cook for 3-4 minutes.
3. Add sauce. Simmer covered for 15 minutes.
5. Meanwhile cook pasta in boiling water. Drain. Serve.





# Winter Risotto

SERVES 4

## Ingredients

- 250g pumpkin, grated
- 2 Tb olive oil
- 6 cups reduced salt vegetable stock
- 1 clove garlic, crushed
- 1/2 leek, sliced
- 1/2 onion, diced
- 4 silverbeet leaves, thinly sliced
- 6 sage leaves, thinly sliced
- 1.5 cups Arborio rice
- 1/3 cup grated parmesan cheese

## Method

1. Bring the vegetable stock to a boil in a saucepan.
2. Heat oil in a saucepan. Add garlic, onion, leek and pumpkin. Cook until onion is soft. Stir in the rice and sage leaves.
3. Spoon in the hot stock into the rice, stirring constantly. Wait until each spoonful of liquid has been absorbed by the rice.
4. Add in silverbeet leaves. Season with salt and pepper. Serve with parmesan cheese.



# Chickpea Cous Cous

SERVES 4

## Ingredients

- 2 Tb olive oil
- 2 garlic cloves, crushed
- 1 red onion, diced
- 1 capsicum, diced
- 2 zucchini, diced
- 1 tsp Cumin
- 400g canned tomatoes
- 300g Cous Cous
- 2 cups boiling water
- 400g chickpeas, rinsed and drained

## Method

1. Heat oil in a saucepan. Add garlic, onion, vegetables and chickpeas. Cook for 2-3 minutes.
2. Add cumin and cook for 1 minutes until fragrant.
3. Add caned tomatoes and cook for 8-10 minutes until tender.
4. Place cous cous into a large bowl. Add boiling water and cover. Leave for 5 minutes. uncover and stir with a fork
4. Mix cous cous and vegetables. Serve.



# Apple & Cinnamon Pudding

SERVES 4

## Ingredients

12 slices raisin bread

Canola spray oil

400g unsweetened apple pie mixture

4 Tb sultanas

1 tsp lemon rind

1 tsp ground cinnamon

Custard to serve

## Method

1. Preheat oven to 180 degrees.
2. Remove crusts from 6 raisin bread slices. Flatten with a rolling pin. Spray 6 holes of a muffin tin with oil. Press bread firmly into holes.
3. Combine apple, sultana, cinnamon and lemon on a bowl. Fill holes with the apple mixture, pressing firmly with the back of a spoon.
4. Cut 6x8cm holes in the rest of the bread using a cookie cutter or glass. Place lid on top of apple mixture. Bake for 20 minutes until brown. Serve with custard.



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Free fortnightly at Waminda  
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