

The Thrifty Cook

A selection of affordable recipes submitted by
Accredited Practising Dietitians



Foreword

The Dietitians Association of Australia (DAA) recognises healthy people depend on healthy food systems. We support approaches which aim to provide secure, sustainable and affordable food choices.

In celebration of World Food Day 2015, DAA has called on 'Foodie' Accredited Practising Dietitians (APD) and student dietitians to submit their budget-friendly recipes. All recipes were costed out using an online supermarket in August 2015, to be less than \$5 per serve.

DAA is proud to support Foodbank, Australia's largest food relief organisation, in the campaign to end hunger. We hope you enjoy these cheap, nutritious and delicious recipes, developed by DAA members.

Dietitians Association of Australia, 2015





Beef and Bean Chilli

Total cost: \$12.70
Cost per serve: \$4.23

Serves three

Ingredients

400g can kidney beans
1 tablespoon oil
1 large red onion, chopped finely
1 large red capsicum, chopped finely
2 teaspoons Mexican chilli powder
1 teaspoon sweet paprika
300g lean minced beef
400g can diced tomatoes
¼ cup chopped flat leaf parsley
1 large piece wholemeal pita bread
(Lebanese flat bread), for serving

Method

1. Rinse and drain the kidney beans.
2. Heat the oil in a non-stick medium sized saucepan over a medium–low heat.
3. Add the onion, capsicum, chilli powder and paprika and cook, stirring, until soft. Don't rush it – this may take about 10 minutes and will really develop the flavours.
4. Add the mince and stir while cooking for 5 minutes to break up the mince.
5. Stir in the tomatoes and when hot, reduce the heat to low, cover and cook for 15 minutes.
6. Remove from the heat and mix in the parsley.
7. Spoon the chilli into 2 warmed bowls (or a large bowl for scooping and sharing) and serve with torn pieces of the flat bread.

Recipe by Nicole Senior APD. Source: Belly Busting for blokes by Nicole Senior & Veronica Cuskelly (New Holland).

TIPS

- You can omit the mince and use a large can of lentils, drained, or 1 cup cooked brown lentils.
- To make DIY chilli powder – blend chilli powder, cumin and sweet paprika to taste.
- Crisp the pita chips by simply toasting the pita bread first – watch it carefully while toasting as it doesn't take long.
- Freeze leftovers in an airtight container – label and date it so you can keep track.

OPTIONS

You can serve this Mexican classic a number of ways:

- If you like to start from scratch (and save a few cents), soak dried kidney beans overnight and cook according to packet directions. If you make extra this way, you can freeze them too.
- Serve with steamed rice (ideally brown rice) instead of bread.
- Add extra water to the chilli if you prefer it juicier.
- Serve in a soft tortilla wrap with salad.



Easy Garlic Naan

Total cost: \$7.25
Cost per serve: \$1.85

Serves twelve

Ingredients

1 cup wholemeal flour
1 cup plain white flour
1 cup natural Greek yoghurt
1 teaspoon baking powder
½ teaspoon baking soda
2 tablespoons olive oil
12 garlic cloves, finely chopped
Cracked black pepper

Method

1. Combine flour, baking powder and baking soda in a bowl.
2. Add yoghurt and combine to form a dough.
3. Knead for 10 minutes, then cover with plastic wrap and leave for 30 minutes.
4. Add one tablespoon of olive oil to fry pan and sauté garlic until fragrant and slightly brown. Set aside.
5. After 30 minutes add garlic and black pepper to dough and knead through adding more flour if necessary.
6. Divide dough into 12 equal portions, then roll out to form the flat breads.
7. Heat non stick frying pan and then add flat bread. There is no need to add oil or butter.
8. Cook for about 30 - 40 seconds each side or until lightly brown and fragrant.
9. Serve hot with curry or dhal.

Recipe by Caroline Deen APD



Pasta with tuna, almonds and peas

Total cost: \$17.95
Cost per serve: \$4.50

Serves four

Ingredients

350g pasta
1 cup frozen peas
190g can tuna in springwater, drained
125g or about 8 cherry tomatoes, halved
1/3 cup toasted slivered almonds
1/4 cup chopped flat leaf parsley
1 tablespoon extra virgin olive oil
1 medium carrot
1 red and 1 green capsicum cut
into sticks to serve

Method

1. Cook pasta in a large saucepan of boiling water for 12 minutes or until al dente.
2. Drain, reserving 2 tablespoons of the cooking liquid, then set the pasta aside and keep warm. Simmer the peas until cooked through and drain.
3. To serve, toss the pasta with the peas, tuna, cherry tomatoes, almonds, parsley and oil.
4. Serve immediately with vegetables sticks.

Recipe submitted by Lisa Yates AdvAPD, Nuts For Life



Refreshing pasta with lemon and tuna

Total cost: \$17.37
Cost per serve: \$4.34

Serves four

Ingredients

300g of short pasta (penne, farfalle
or rigatoni)
2 large cans tuna in springwater
½ red onion
Juice of 1 lemon
1 tablespoon extra virgin olive oil
1 bunch of fresh parsley

Method

1. Finely chop the onion and place in a large bowl. Drain the tuna and add it to the bowl. Add the chopped parsley and oil.
2. Pour the lemon juice onto the tuna mixture and leave it to marinate while preparing the pasta.
3. Bring a large bowl of water to boil. When it boils, add salt and then the pasta. Cook it following instructions on the packet.
4. Drain the pasta, reserving one tablespoon of the cooking water. Pour the pasta in the bowl and mix it with the tuna and lemon. If it looks to dry, add the reserved water.
5. Portion the pasta in four pasta bowls, sprinkle with some fresh chopped parsley and serve immediately while it's still nice and hot.

Recipe by Valentina Giannelli APD



*Spicy Moroccan chickpea and
lentil soup*

Total cost: \$18.00

Cost per serve: \$3.00

Serves six

Ingredients

1 tablespoon olive oil
1 large onion, finely chopped
3 garlic cloves, crushed
2.5 cm piece fresh ginger, finely grated
3 teaspoons ground coriander
2 teaspoons ground cumin
½ teaspoon chilli powder
½ teaspoon saffron threads soaked in 2
tablespoons boiling water
400g can Italian chopped tomatoes
4 cups (1 litre) good-quality vegetable stock
(preferably low salt)
4 cups (1 litre) water
250g (1 cup) red lentils, rinsed well
450g (2⅔) cups cooked chickpeas, drained
1/3 cup chopped coriander
⅓ cup chopped flat leaf parsley
Salt and freshly ground black pepper
Low fat natural yoghurt, to serve

Method

1. Heat the oil in a large heavy-based saucepan over medium heat. Add the onion and cook, stirring occasionally, for 6-7 minutes or until softened. Add the garlic, ginger, coriander, cumin and chilli powder. Cook, stirring, for 1 minute.
2. Add the saffron threads and liquid, tomatoes, stock, water and lentils to the pan. Cover and bring to a simmer. Simmer, uncovered, for 30 minutes. Add chickpeas and continue to cook for a further 10 minutes.
3. Remove the pan from the heat and stir in the coriander and parsley. Season to taste, top with a dollop of yoghurt and sprinkle with extra chopped parsley.

Recipe by Kate Marsh AdvAPD Source: The Low GI Vegetarian Cookbook – Brand Miller, Foster-Powell, Marsh & Sandall Hachette Australia 2009



Tangy lentil soup with silverbeet and zucchini

This is a delicious Lebanese version of a popular Middle Eastern brown lentil soup to serve as a main meal that even kids will love! Great for making ahead as the flavour continues to improve. Freeze leftovers in meal sized glass containers for an easy lunch.

Serves four

Method

Total cost: \$7.25
Cost per serve: \$1.80

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 large onion, chopped
- 250g brown lentils, picked over for stones,
washed, drained
- 1 tsp salt
- 1 medium potato, peeled and
cut into 1 cm cubes
- 1 medium zucchini, cut into 1 cm cubes
- ½ bunch (600g) silverbeet, base trimmed,
washed and shredded into 1 cm strips
- 1 garlic clove, crushed
- Freshly ground black pepper (optional)
- ½ bunch fresh coriander, chopped
- Juice of 1 lemon

1. Warm oil in very deep soup pot (e.g. 8 litre capacity) and sauté onions until soft.
2. Add lentils, salt and 2 litres of water, cover with lid, and bring to the boil. Turn down heat slightly and simmer for 15 minutes.
3. Add potato cubes and continue cooking for approximately 10 minutes.
4. Add zucchini, silverbeet, garlic, pepper and 1 extra litre of boiling water and continue cooking for another 5 minutes until the green vegetables just start to soften.
5. Stir in coriander and lemon juice and serve in bowls. Three ladles per bowl provides for a main meal serving. Serve with bread, if desired.

TIP

- Add an extra half a litre of water in step four if you use a very large bunch of silverbeet. This will also increase your serves to 10.

Recipe by Sue Radd AdvAPD



Nannu's soup

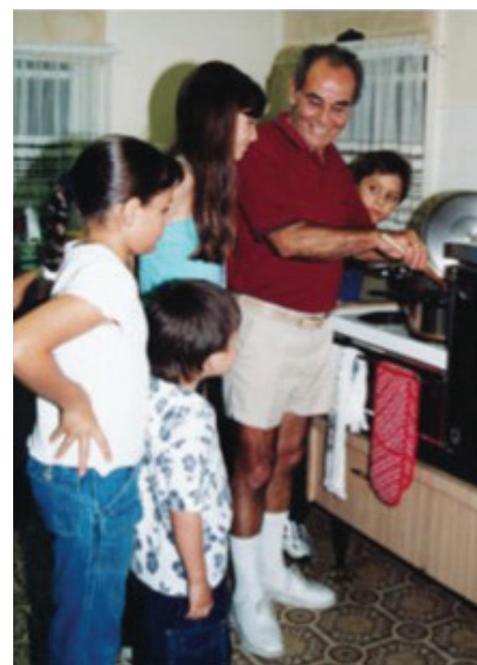
Growing up, every Sunday afternoon, I would visit Nannu and Nunna (grandparents in Maltese) in their small, red brick home.

We lost Nunna when I was five, so my memories of Sundays are mostly of visiting Nannu.

The welcoming familiarity of Nannu's soup was constant. You could smell the simmering broth as soon as Nannu opened the door, smiling, taking your face in his hands and kissing your cheeks.

When I hadn't visited for a while, I missed the hearty smell, meticulously cubed vegetables, tender chicken, and rich, red broth of Nannu's Soup.

As with all good food, regardless of its simplicity and relatively little expense, his soup felt completely nourishing – the closest thing in food form you'll get to a hug for your soul (and a healthy dose of veggies to go with it). Enjoy with loved ones, crusty bread and a good dose of healthy, enthusiastic chatter.



Total cost: \$9.10
Cost per serve: \$2.30

Serves four

Ingredients

4 chicken drumsticks
1 large brown onion

2 large carrots, peeled
2 large zucchinis
3 large sticks of celery, white ends removed
3 medium potatoes, peeled
2 tablespoons tomato paste
1/3 packet thin spaghetti
Extra virgin olive oil
Salt and pepper to taste

Method

1. Dice all the vegetables (onion, carrots, zucchini, celery and potato) into equal 1x1cm cubes. For this to be a proper Nannu's Soup, you'll need to be meticulous!
 2. Pop the chicken drumsticks in a heavy base pan and fry on medium heat in a generous amount of olive oil. Cook until the skin is browned and crispy. Then turn down the heat a little and add the chopped onion, carrots and celery and mix it all up for about five minutes, or until the vegetables start to soften.
 3. Cover the drumsticks, onion, carrots and celery with boiling water. Depending on how many drumsticks you added and the size of your vegetables, you may need to add more or less than 2 cups. You want enough broth to add the remaining vegetables and spaghetti into later, so be sure there is a generous amount on top. Add the tomato paste and mix well. The broth should form a deep orange colour. Bring the soup to a boil and then simmer for at least an hour, but longer if you can manage. You want the chicken to be falling off the bone and the vegetables to be nice and soft.
 4. Add the potato and zucchini cubes, and simmer for a further half an hour, or until soft. Then break the spaghetti sticks into roughly 2-inch pieces, and mix them through the soup. Simmer until the spaghetti is al dente. Meanwhile, take the chicken drumsticks out of the broth and use a fork to gently pull the meat from the bone (this used to be my favourite job in the kitchen on a Sunday). Add the boneless chicken back into the soup.
 5. Serve in bowls, ensuring everybody has a little chicken, a lot of veggies and some spaghetti. Add salt and pepper to taste.
 6. Enjoy with a generous side of crusty Italian bread (or similar), perfect for mopping up the hearty, orangey broth that sticks to the sides of the bowl.
- Note: This recipe all about taste and preference, not exact measurements. If you don't like a vegetable, substitute it for something similar. If you like your soup thin, add more water, or less if the opposite.
- Recipe by Allison Grech Student Dietitian*





Quick smoky vegetable stew

This smoky vegetable stew is a hearty, healthy, veggie loaded dish you can have prepared, cooked and on the table within the hour.

Total cost: \$9.70
Cost per serve: \$2.45

Serves four

Ingredients

1 teaspoon olive oil
1 brown onion, sliced into thin wedges
1 garlic clove, crushed
1 large carrot, cut into thick batons
1 medium zucchini, cut into thick batons
400g can chickpeas, drained and rinsed
400g can tomatoes
100ml water
1 tablespoon tomato paste
1½ teaspoons smoked paprika
1 bunch silverbeet, stalks and spine removed
and green leaves sliced
Salt and pepper

Method

1. Chop all of your vegetables.
2. Heat olive oil in a large frypan and add onion and garlic. Cook for five minutes
3. Add carrot and zucchini and cook for another two minutes.
4. Add chickpeas, canned tomato, tomato paste and paprika. Add the 100ml water to the empty can of tomatoes and swirl it around to get all of the tomato goodness out. Pour the tomato water into the pan. Mix everything well. Bring to the boil and simmer for another 5 minutes.
5. Add silverbeet and carefully toss through the mixture. Simmer for a further 5 minutes or until the silverbeet is wilted.
6. Season with salt and pepper to taste.

TIPS

- Use a mandolin or V-slicer to quickly cut the carrot and zucchini into thick batons.
- Serve the stew on its own, with bread or add some grilled chicken tenders.
- Cooking the dish for the time allocated in this recipe will leave the vegetables slightly underdone. If you like your veggies 100% soft, leave the stew to simmer for longer and test softness with a knife.

Recipe by Nina Mills APD



Chickpea and pumpkin curry

Total cost: \$12.40
Cost per serve: \$3.10

Serves four

Ingredients

1 tablespoon oil
600g pumpkin, cut into small cubes
1 onion, chopped
2 garlic cloves, crushed
2 teaspoon ground cumin
1 teaspoon garam masala
2 cups stock (chicken or vegetable)
400g can chopped tomatoes
400g can chickpeas

To serve (optional)

Chopped coriander
Chopped mint
Greek yoghurt
Diced cucumber

Method

1. Heat the oil in a large pan over medium heat.
2. Cook the onion for a few minutes until softened.
3. Add the pumpkin, garlic and spices. Cook, stirring for 1 minute until fragrant.
4. Add the tomatoes and stock. Bring to the boil and simmer for 10 minutes.
5. Add the chickpeas and simmer for a further 10 minutes, or until pumpkin is just soft.
6. Serve with a spoonful of Greek yoghurt, diced cucumber and chopped coriander & mint.
7. Can also be served with rice or naan bread.

Recipe by Natalie Gordon APD



Sweet potato and chickpea burger

Total cost: \$15.05
Cost per serve: \$3.80

Serves 4

Ingredients

4 large flat mushrooms
400g tin chickpeas
½ large sweet potato
1 teaspoon tahini
⅓ cup almond meal
1 capsicum
1 avocado
Spinach leaves
4 tablespoons ricotta
1 tablespoon olive oil

Method

1. Peel sweet potato and cut into cubes.
2. Place in a microwave dish covered with water for 5 minutes, or until softened.
3. Place mushrooms in the oven at around 180°C drizzled in oil.
4. Drain sweet potato and place in a mixing bowl with a tin of chickpeas (drained and rinsed).
5. Add tahini to the bowl and mash all ingredients (You still want it to be quite chunky!).
6. Divide mixture into 4 balls and roll gently in almond meal.
7. Place in a fry pan with a dash of oil. Cook until lightly browned then flip.
8. Place one mushroom on each plate with a patty on top. Serve with roast capsicum, spinach leaves, avocado and ricotta.

Recipe by Courtney Bates APD, Healthy Bods Nutrition & Dietetics



Mousakka

Total cost: \$21.80
Cost per serve: \$4.35

Serves five

Ingredients

2 medium sized eggplants, thinly sliced
1 zucchini, grated
½ capsicum, finely chopped
500g lamb mince
1 teaspoon cinnamon
½ teaspoon allspice
400g can of diced tomatoes,
2 tablespoons tomato paste
1 brown onion, finely chopped
2 garlic cloves, finely chopped
1 tablespoon olive oil
⅓ cup grated cheese

White Sauce

¼ cup of plain flour
40g butter
1 cup of light milk

Method

1. Spray sliced eggplant with olive oil spray and place on a large fry pan (on medium-high heat), cooking for 2-3 minutes each side or until well browned. Repeat until all slices of eggplant are browned, place on a large plate and set aside.
2. Heat a large saucepan over medium-high heat with olive oil and add onion and garlic. Cook for a few minutes or until onion is translucent and fragrant.
3. Add mince and cook until browned, using a wooden spoon to break up mince. Add capsicum and zucchini, stirring to combine.
4. Add tomato paste and cook for a further minute and then add diced tomatoes, allspice and cinnamon. Bring mixture to the boil.

5. Reduce heat and let simmer for approximately 20 minutes, until mixture thickens and liquid evaporates.
6. Meanwhile, melt butter in a small saucepan (medium-high heat) and then add flour and cook (stirring) for 1 minute or until bubbling. Gradually add milk, stirring to combine and bring to the boil.
7. Reduce heat to medium and cook, stirring for 5 minutes or until mixture has thickened. Remove from heat and set aside. This is the white sauce.
8. Preheat oven to 180°C (or 160°C if fan forced), and spray oven proof dish with olive oil.
9. Cover the bottom of the dish with a layer of overlapping eggplant slices. Place half the mince mixture over the top of the eggplant, pressing into the eggplant with a spatula.
10. Add another layer of eggplant and mince on top of that, finish with a layer of eggplant. Spread white sauce over the top, sprinkling with cheese.
11. Place in prepared oven for 45 minutes or golden on the top. Allow to cool for 15 minutes before serving.

Recipe by Meg Sadler-Keary APD



Vegetarian Quiche

Total cost: \$14.75
Cost per serve: \$1.85

Serves eight

Ingredients

½ cup plain flour
½ cup plain flour (+extra)
½ cup wholemeal flour
½ teaspoon baking powder
¼ teaspoon salt
¼ cup oil
¼ cup warm water
½ onion, diced
1 garlic clove, crushed
3-4 mushrooms, sliced
½ zucchini, sliced
8 large eggs
¼ cup milk
2 tablespoons parmesan
Pepper
½ - ¾ cup shredded cheese
(mozzarella and/or tasty)
6 cherry tomatoes in halves

Method

Crust

1. In an air tight container mix the flours, baking powder and salt. Add the oil and warm water. Shake well.
2. Remove from the container and form a ball. Knead the dough with a lot of plain flour (about ¼-½ cup) until not sticking to your hands. Roll out the dough on a floured bench and put in a 23 cm pie plate. Spike the dough with a fork to avoid big bubbles rising in the crust.
3. Cook in the oven at 200°C for 8-10 minutes or until lightly golden.
4. Leave to cool.

Filling

1. In a pan fry the vegetables in the oil until soft, leave to cool
2. Beat together eggs, milk and parmesan in a bowl. Add pepper to taste.
3. Evenly spread the fried vegetables and shredded cheese directly onto the crust.
4. Pour the egg mixture over. Place cherry tomatoes cut side up.
5. Cook at 200°C for 20-25 minutes and let sit for 5-10 minutes.

Recipe by Tracy L'Allier APD



Easy Date Loaf

Egg free, dairy free, low fat, vegan, vegetarian, simple, this one ticks a lot of boxes! Can be made nut free by omitting the walnuts. Great for play lunches or keep it on hand sliced in the freezer for when guests turn up for afternoon tea. It's delicious eaten warm, or can be served for dessert in slices with some low-fat custard as a healthy alternative to sticky date pudding.

Total cost: \$4.77
Cost per serve: \$0.40

Serves twelve

Ingredients

375g pitted dates chopped in half
1 cup black coffee
1 cup self raising flour

Method

1. Preheat normal oven to 175 C.
2. Combine dates and black coffee in a large bowl and soak for 2 hours.
3. Add the flour and mix well to form a smooth batter.
4. Spoon into a greased and lined loaf tin.
5. Bake for 45 minutes. If you insert a skewer and it comes out clean, it's done.
6. Cool for 5 minutes in tin then transfer to a wire rack to cool.

OPTIONAL

- Add some chopped walnuts with the dates in step two.

Recipe by Whitney Atkinson APD. Source: recipes at advancednutritionballarat.com.au, originally an Atkinson family favourite.



Black Bean Cake

Total cost: \$12.95
Cost per serve: \$1.08

Serves 12

Ingredients

400g pre-soaked then cooked black beans
6 eggs
2 teaspoons baking powder
1 tablespoon vanilla extract
6 tablespoons oil
2 tablespoons honey
6 tablespoons cocoa powder

Icing

2 tablespoons cocoa powder
6 tablespoons icing sugar
1-2 tablespoons water

Method

1. In food processor/blender blitz beans and 3 eggs until there are no lumps.
2. Add other ingredients and blend to combine.
3. Pop in pre-heated oven at 175°C for 30-40mins.

Recipe by Megan Seares APD