

Country Kitchens
Cooking on a Budget

RECIPE BOOKLET

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Queensland
Country Women's Association

health + wellbeing
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Country Kitchens Cooking on a Budget Recipe Booklet

The Queensland Country Women's Association proudly presents the Country Kitchens program, aimed to support Queenslanders to improve their health by adopting healthier lifestyle behaviours.

Country Kitchens provides useful nutrition information and basic cooking skills in an environment of fun and friendship with QCWA members in their local branches. The program is proudly funded by Health and Wellbeing Queensland and is underpinned by 5 key messages:


Get more fruit and veg into your meals


Cook at home


Check your portion size


Be aware of sugar in your drinks


Sit less, move more

This selection of delicious, budget-friendly recipes pack plently of flavour without breaking the bank. All of the recipes contain plenty of vegetables, and are perfect to share with friends and family.

Each recipe in this booklet meets the QCWA Country Kitchens nutrition criteria. This means that recipes highlighted as 'everyday foods' contain at least one serve of fruits and/or vegetables per portion, and no added sugar or salt. These are healthy foods recommended by the Australian Dietary Guidelines for daily consumption.

We hope that this booklet will inspire you to get into the kitchen to prepare and serve healthy, delicious home cooked meals.

If you would like more recipes or information about the QCWA Country Kitchens program, please visit **www.qcwacountrykitchens.com.au**

Barb's Vegetable Slice



Everyday Food

Serves: 8
Prep time: 15 minutes
Cook time: 30 minutes

1 serve per portion

Ingredients

4 eggs, lightly beaten
3 spring onions, chopped
½ cup carrot, grated
½ cup zucchini, grated
310g can corn kernels, drained
3 button mushrooms, diced
½ cup cheddar cheese, reduced fat, grated
½ cup self-raising flour
½ cup wholemeal self-raising flour
2 medium tomatoes sliced, or cherry tomatoes halves
¼ cup cheddar cheese, reduced fat, grated

Method

PREHEAT oven to 180°C and line a slice pan with baking paper.

BEAT the eggs in a large bowl then stir in the spring onions, carrot, zucchini, corn, mushrooms and cheese.

FOLD through the sifted flours.

SPREAD the mixture evenly into the prepared pan. Sprinkle with extra cheese then top with the sliced tomato.

BAKE in the oven for 30-35 minutes or until lightly browned and cooked through.

COOL before slicing.

Recipe courtesy of Barb McMillan, Dirranbandi Branch

Brown Fried Rice



Everyday Food

Serves: 6
Prep time: 15 minutes
Cook time: 30 minutes

1 ½ serves per portion

Ingredients

2 teaspoons vegetable oil
500g chicken thighs, fat trimmed
2 teaspoons fresh ginger, grated
4 cloves garlic, crushed
1 onion, diced
4 spring onions, chopped
1 red capsicum, chopped
1 zucchini, chopped
¼ red cabbage, chopped
1 cup frozen peas, corn and carrots
3 cups cooked brown rice
1 tablespoon soy sauce, salt reduced
1 tablespoon kecap manis

Method

HEAT oil in a frypan over high heat.
ADD chicken thighs and heat until cooked through. Remove chicken from pan, chop into bite sized pieces and set aside.
ADD ginger, garlic, onion and spring onions to frypan. Sauté for 1 minute or until fragrant.
ADD capsicum, zucchini, cabbage and frozen vegetables to pan. Stir fry for 2-3 minutes or until cabbage wilts.
RETURN cooked chicken to pan and cook for a further 2 minutes.
ADD the rice and sauces and cook for 2-3 minutes until rice is heated through.

Recipe courtesy of Belinda Thorburn, Gracemere Branch

Corn, Zucchini and Chickpea Fritters



Everyday Food

Serves: 4 (makes 12)
Prep time: 15 minutes
Cook time: 25 minutes

2 serves per portion

Ingredients

400g chickpeas can, drained and rinsed
½ cup milk, reduced fat
2 eggs
¾ cup wholemeal flour, self-raising
1 large zucchini, grated with skin on
310g can corn kernels, drained and rinsed
2 tablespoons mint, chopped
3 spring onions, thinly sliced
3 tablespoons olive oil

Method

BLEND chickpeas in a food processor until roughly chopped.

WHISK milk and eggs in a small bowl. Place flour in another bowl and slowly add milk mixture, whisking until smooth.

STIR in chickpeas, zucchini, corn, mint and onion.

HEAT tablespoon of oil in a frying pan over medium heat. Add ¼ cup of mixture to the pan and spread slightly with spatula. Repeat with rest of the mixture.

COOK patties for 2-3 minutes each side or until golden and cooked through.

OPTIONAL: serve with our tomato chutney recipe.

Recipe courtesy of Patsy Carrol, Chinchilla Branch

Cheesy Veggie Rolls



Serves: 20
Prep time: 15 minutes
Cook time: 20-30 minutes

½ serve per portion

Discretionary Food

Ingredients

1 small carrot, grated
⅛ butternut pumpkin, peeled and grated
1 small zucchini, grated
½ small brown onion, diced
3 tablespoons tomato paste
3 eggs
1 ½ cups light cheddar cheese, grated
2 x 400g cans brown lentils, rinsed and drained
Cracked pepper, to taste
2 tablespoons Italian herbs
5 sheets puff pastry, reduced fat
1 tablespoon water
Sesame seeds (optional)

Method

PREHEAT oven to 180°C.

MASH lentils in a mixing bowl with a fork then add the carrot, zucchini, pumpkin, onion, tomato paste, two eggs, cheese, pepper, and herbs and combine well.

CUT the five sheets of pastry down the centre to make 10 pieces.

MAKE an egg wash by lightly whisking the remaining egg then stirring in a tablespoon of water.

PLACE a lengthwise line of mixture in the centre of each piece of pastry. Roll the pastry over the lentil mix and use the egg wash to stick edges together.

BRUSH the egg wash over the pastry and sprinkle with sesame seeds.

CUT each roll into bite sized portions and place on a baking tray, lined with baking paper.

BAKE for 20-30 minutes, until golden brown and mince is cooked through.

Recipe courtesy of the Country Kitchens team

Honey Soy Chicken Stir Fry



Everyday Food

Serves: 4
Prep time: 20 minutes
Cook time: 15 minutes

1 ½ serves per portion

Ingredients

200g rice noodles, uncooked
1 tablespoon olive oil
500g chicken breast, skinless, cut into strips
1 onion, finely sliced
1 carrot, sliced diagonally
2 celery sticks, sliced diagonally
1 red capsicum, thinly sliced
1 bunch bok choy, roughly chopped

Sauce:

2 tablespoons salt reduced soy sauce
2 teaspoons cornflour
½ cup vegetable stock
1 tablespoon honey
1 tablespoon sesame seeds

Method

PLACE noodles in large bowl, cover with boiling water for 2 minutes, drain then refresh in cold water and set aside.
HEAT oil in a wok (or large pan), add chicken and cook for 5-10 minutes. Set aside.
COOK onion, carrot, celery, and capsicum for 2 minutes.
RETURN chicken to the pan, add bok choy, and cook for 2 minutes.
MIX cornflour and soy sauce to make a paste, then add the vegetable stock (hot), honey and sesame seeds and pour over the chicken and vegetables.
COOK for a further 1-2 minutes until sauce thickens.
COMBINE the chicken and vegetables with noodles and serve.

Recipe courtesy of the Country Kitchens team

Honey Soy Noodle Salad



Everyday Food

Serves: 4
Prep time: 20 minutes
Cook time: 1 minute

1 ½ serves per portion

Ingredients

Salad:

220g shelf fresh noodles, Hokkien or Singapore
1 carrot, grated
½ spring onion, sliced
½ cucumber, sliced
¼ red cabbage, shredded
1 teaspoon sesame seeds

Dressing:

1 tablespoon honey
1 tablespoon soy sauce, salt reduced
½ teaspoon sesame oil

Method

PLACE noodles in large bowl, cover with boiling water for 1 minute, drain then refresh in cold water and set aside.

HEAT oil in a wok (or large pan), add chicken and cook for 5-10 minutes. Set aside.

COOK onion, carrot, celery, and capsicum for 2 minutes.

RETURN chicken to the pan, add bok choy, and cook for 2 minutes.

MIX cornflour and soy sauce to make a paste, then add the vegetable stock (hot), honey and sesame seeds and pour over the chicken and vegetables.

COOK for a further 1-2 minutes until sauce thickens.

COMBINE the chicken and vegetables with noodles and serve.

Recipe courtesy of the Country Kitchens team

Light and Crunchy Coleslaw



Everyday Food

Serves: 8
Prep time: 15 minutes
Cook time: 0 minutes

1 serve per portion

Ingredients

2 small red radishes OR half a small red onion, sliced thinly
1 tablespoon lemon juice
¼ red cabbage, shredded finely
¼ lettuce, shredded finely
½ medium carrot, julienned or grated
½ apple, julienned
1 tablespoon seed mix (pepita and sunflower)

Dressing:

2 tablespoons natural yoghurt
1 garlic clove, crushed or grated
1 red chilli, deseeded and finely chopped (optional)
2 tablespoons fresh lemon juice
2 tablespoons honey
2 teaspoons extra virgin light olive oil

Method

MARINATE radish or onion in lemon juice for 5-10 minutes to lightly pickle.
COMBINE prepared vegetables and apple in large bowl by tossing lightly
PREPARE the dressing by combining the yoghurt, garlic, chilli, lemon juice and honey in a bowl. Gradually whisk in the oil.
DRIZZLE the salad with the lemon yogurt dressing just before serving.
GARNISH salad by sprinkling seed mix over the top.

Recipe courtesy of Bella Maugeri, Brisbane City Night Branch

Mediterranean Chicken Bowl



Everyday Food

Serves: 4
Prep time: 15 minutes
Cook time: 25 minutes

2 ½ serves per portion

Ingredients

1 zucchini, diced, 1cm
1 red capsicum, diced, 1cm
1 eggplant, diced, 1cm
3 tablespoons olive oil
300g chicken breast, diced, 1cm
2 cloves garlic, crushed
2 teaspoons ground cumin
2 teaspoons dried oregano
1 medium onion, diced
1 cup pearl couscous
½ cup feta, reduced fat

Tzatziki:
½ cucumber, finely chopped
1 cup natural yoghurt, reduced fat
1 tablespoon lemon juice

Method

PREHEAT oven to 180°C.

ADD zucchini, capsicum and eggplant to large roasting pan and drizzle with a tablespoon of olive oil. Roast in oven for 20 minutes.

HEAT another tablespoon of oil over medium heat in a large frypan. Add chicken slices, half the garlic, cumin and oregano, stirring until chicken is cooked through. Remove from pan.

ADD remaining oil over medium heat in pan. Add onions and sauté for 2 minutes. Add in couscous and ½ cup of water. Reduce heat and cook for 5 minutes until water is absorbed. Use fork to fluff up couscous.

SQUEEZE juice from cucumber with hands.

ADD yoghurt, splash of oil, lemon juice and remaining garlic in small bowl and mix through cucumber.

LAYER couscous, vegetables and chicken in bowl. Drizzle tzatziki dressing and garnish with feta.

Recipe courtesy of the Country Kitchens team

Mexican Chicken Wraps



Everyday Food

Serves: 8
Prep time: 15 minutes
Cook time: 10 minutes

1 ½ serves per portion

Ingredients

1 tablespoon olive oil
300g chicken breast, sliced
2 cloves of garlic, crushed
2 teaspoons of smoked paprika
2 teaspoons of ground cumin
1 teaspoon ground coriander
½ red capsicum, diced
1 medium zucchini, grated
2 cups cooked brown rice and quinoa
1 can mixed beans, rinsed and drained
8 wholemeal tortillas or wraps
2 cups lettuce, chopped
2 tomatoes, diced
1 cup cheese, reduced fat, grated
1 bunch fresh coriander, leaves only

Method

HEAT olive oil over medium heat in a large frypan.
ADD chicken breast, garlic, paprika, cumin and ground coriander. Cook until outside of chicken is sealed.
REMOVE chicken from pan and add capsicum and zucchini. Cook until just tender.
ADD chicken back to pan with cooked rice, quinoa and mixed beans. Stir to heat, ensuring chicken is cooked through.
PLACE lettuce on centre of wrap and top with chicken mix, tomato, cheese and coriander leaves.
WRAP tightly and enjoy.

Recipe courtesy of the Country Kitchens team

Minestrone Soup

Serves: 10
Prep time: 20 minutes
Cook time: 40 minutes

3 serves per portion



Everyday Food

Ingredients

2 medium brown onions
2 carrots
3 celery stalks
¼ butternut pumpkin
3 cloves garlic, crushed
2 teaspoons smoked paprika
Olive oil
2L vegetable stock, salt reduced
400g can crushed tomatoes
400g can borlotti beans, drained, rinsed
300g dried pasta
200g frozen spinach
200g frozen peas
Black pepper
Parmesan, grated (*to serve*)

Croutons (*optional*):
½ loaf ciabatta or stale bread
Pepper, to taste
Parmesan, grated
Extra virgin olive oil

Method

DICE the onions, carrots, celery and pumpkin into 1cm pieces and place into soup pot or large saucepan. Add garlic, paprika and a drizzle of oil. Fry over medium heat for 10 minutes, stirring occasionally.

ADD vegetable stock, tomatoes and beans. Bring to the boil and then simmer for 15 minutes. *Alternatively*, transfer fried vegetables to slow cooker with stock, tomatoes and beans and cook on low for 1 hour.

ADD frozen spinach, peas and pasta and simmer for a further 15 minutes until the pasta is cooked. If using slow cooker, increase to high heat to cook the pasta for the final 15 minutes.

SERVE with cracked pepper, grated parmesan and crusty croutons.

Croutons (*optional*):

PREHEAT oven to 180°C.

TEAR bread into chunks and top with pepper, parmesan and a drizzle of olive oil. Bake for 20-25 minutes, or until golden and crispy.

Recipe courtesy of the Country Kitchens team

Quesedillas



Everyday Food

Serves: 8
Prep time: 15 minutes
Cook time: 25 minutes

1 serve per portion

Ingredients

8 multigrain tortillas
⅓ cup tomato salsa
1 ⅓ cups tasty cheese, reduced fat, grated
400g can red kidney beans, reduced salt, drained
1 cup carrot, grated
1 cup baby spinach leaves
Olive oil cooking spray
1 avocado, peeled and chopped
1 tablespoon lemon juice

Salsa (*optional*):
1 medium tomato, diced
½ medium red onion, diced
1 medium red capsicum, sliced
1 lime, juiced

Method

LAY the tortillas on a clean surface. Spread with tomato salsa and sprinkle with the cheese.

TOP half of each tortilla evenly with beans, grated carrot and spinach leaves. Fold in half.

HEAT a large non-stick frypan or an open sandwich toaster grill and grease with cooking spray.

ADD one filled tortilla and cook over a medium heat for about 3 minutes or until golden. Using a spatula, carefully turn and cook other side until golden. Remove from pan or toaster grill.

REPEAT the above step with remaining filled tortillas to make 8 quesadillas. Cool then cut each in half.

MASH avocado with lemon juice in small bowl.

COMBINE salsa ingredients in separate small bowl (*optional*).

SERVE quesadillas with avocado and salsa.

Recipe courtesy of the Country Kitchens team

Rainbow Frittata Muffins



Everyday Food

Serves: 12
Prep time: 15 minutes
Cook time: 15-20 minutes

1/2 serve per portion

Ingredients

1 tablespoon olive oil
½ medium onion, diced
½ red capsicum, diced
½ medium zucchini, grated
½ medium carrot, grated
½ cup sweet corn, drained if canned
6 eggs
½ cup milk, reduced fat
1 tablespoon flat leaf parsley, chopped
¼ teaspoon black pepper
12 slices wholemeal bread
6 cherry tomatoes, halved
50g feta, crumbled

Method

PREHEAT oven to 180°C. Line a 12-hole muffin pan with muffin cases.

HEAT oil in frypan over medium heat. Lightly sauté onion and capsicum for 1-2 minutes, then add carrot, zucchini and corn and cook for 2 more minutes.

WHISK together the eggs, milk, parsley and pepper in a large jug until combined.

FLATTEN bread slices using a rolling pin or glass. Remove the crusts if required and press one slice into each lined muffin hole.

SCOOP ¼ cup of the cooked vegetable mixture into each muffin hole, then pour egg mixture evenly over top.

TOP each muffin with a cherry tomato half and some crumbled feta.

COOK in oven until set, approx. 15 minutes.

Recipe courtesy of Suzie van Laarhoven, the Country Kitchens team

Red Lentil and Sweet Potato Soup



Everyday Food

Serves: 4
Prep time: 15 minutes
Cook time: 50 minutes

2 serves per portion

Ingredients

2 tablespoon extra virgin olive oil
2 onions, chopped
1 garlic clove, crushed
½ teaspoon ginger powder
½ teaspoon turmeric powder
2 teaspoon curry powder
1 cup dried red lentils
1 medium sweet potato, diced
1 bay leaf
4 ½ cups chicken stock, salt reduced
Parsley or thyme, to serve
Juice of 1 lemon

Method

HEAT oil in a saucepan on low/medium heat and sauté the onion, spices and garlic until softened, about 5 minutes.

ADD the red lentils, sweet potato, bay leaf, and stock to the pot. Bring to the boil then reduce heat and simmer for 45 minutes or until the lentils have softened.

SPRINKLE with parsley or thyme and a squeeze of lemon juice to serve.

Recipe courtesy of Suzy Jarret, Hinkler Branch

Red Vegetable Curry



Everyday Food

Serves: 6
Prep time: 15 minutes
Cook time: 30 minutes

2 ½ serves per portion

Ingredients

1 tablespoon olive oil
1 brown onion, finely diced
2 garlic cloves, minced
3 cm piece fresh ginger, grated
3 tablespoons red curry paste
1 potato, peeled and diced
½ butternut pumpkin, peeled and diced
500g chicken thighs, trimmed, cut into 2cm cubes *OR* 400g can chickpeas, drained
400g can diced tomatoes
400mL can light coconut milk
1 cup mixed frozen vegetables
Brown rice, to serve

Method

HEAT a large saucepan over medium heat. Add oil and onion once hot. Cook onion, stirring, for about 5 minutes or until softened.
ADD garlic, ginger and curry paste and fry until fragrant, about 2 minutes.
Optional: If making with chicken, add to pan now and sear on all sides.
ADD potato, pumpkin, chickpeas (optional), canned tomato and coconut milk and stir well. Reduce heat and simmer for 20 minutes.
ADD frozen vegetables and bring back to a simmer. Cook for a further 5-10 minutes until vegetables have warmed through.
SERVE with brown rice.

Recipe courtesy of the Country Kitchens team

Savoury Baked Beans



Everyday Food

Serves: 6
Prep time: 10 minutes
Cook time: 15 minutes

2 serves per portion

Ingredients

1 tablespoon olive oil
1 medium tomato, chopped
1 brown onion, diced
1 zucchini, diced
1 carrot, diced
2 x 400g cans baked beans
1 teaspoon dried thyme, chopped
1 teaspoon dried parsley, chopped
¼ cup cheese, reduced fat, grated

Method

HEAT saucepan over medium heat and add olive oil. Add onion and cook until onion is translucent – around 5 minutes.

ADD tomato, zucchini, carrot, baked beans, thyme and parsley. Cook for 10 minutes or until carrot is tender.

MIX in the cheese and serve with bread.

Recipe courtesy of Melissa Stevenson, Chinchilla Branch

Savoury Mince



Everyday Food

Serves: 4
Prep time: 10 minutes
Cook time: 30 minutes

1 ½ serves per portion

Ingredients

1 tablespoon olive oil
1 large onion, diced
500g lean beef mince
1 cup mixed cubed vegetables, frozen (carrot, peas, corn)
½ head cabbage, shredded
1 tablespoon curry powder, salt reduced
2 tablespoons long grain rice
¾ cup chicken stock, salt reduced

Method

HEAT a pan on medium heat and add oil once hot.
FRY onion until softened, about 5 minutes.
ADD in mince and cook for a further 2-3 minutes.
STIR in frozen vegetables, cabbage, curry powder, rice and chicken stock.
SIMMER on medium to low heat for 10 minutes or until rice and cabbage are cooked through.
SERVE on wholegrain bread or pasta.

Recipe courtesy of the Country Kitchens team

Shephard's Pie



Everyday Food

Serves: 4
Prep time: 20 minutes
Cook time: 40 minutes

4 serves per portion

Ingredients

4 medium potatoes, diced
¼ cup milk, reduced fat
1 teaspoon butter
1 tablespoon olive oil
1 small onion, diced
¼ capsicum, diced
½ teaspoon ginger, minced
2 cloves garlic, crushed
500g lean lamb mince
1 carrot, diced
1 zucchini, diced
8 broccoli florets, diced
½ cup peas, frozen
1 small can of corn kernels, drained
1 tomato, diced
½ teaspoon turmeric powder
1 tablespoon tomato paste
⅓ cup cheese, reduced fat, grated

Method

PREHEAT oven to 180°C.

BRING a pot of water to the boil and cook the potatoes until tender.

DRAIN the potatoes then mash with milk and butter until smooth. Set aside.

HEAT oil in frypan over medium heat. Sauté the onion, capsicum, ginger and garlic until vegetables are softened, around 5 minutes.

ADD the mince, stirring to break up any lumps. Heat until cooked through, around 10 minutes.

ADD the remaining vegetables, tomatoes and turmeric and a little bit of water if needed. Cook, covered, for a further 5 minutes.

STIR through the tomato paste and simmer, covered, for a further 5 minutes until everything is tender.

SPOON the meat mixture into a large oven-proof dish (or 4 small dishes) and spread over the mashed potato. Sprinkle with cheese and bake in oven for 10-15 minutes or until cheese is melted and the top is golden.

Recipe courtesy of Lynda Tompkins, Yandina Branch

Slow-Cooked Beef Ragu



Everyday Food

Serves: 8
Prep time: 15 minutes
Cook time: 4 ½ - 9 hours

1 ½ serves per portion

Ingredients

900g beef chuck roast
1 onion, diced
2 carrots, diced
2 celery sticks, diced
½ cup tomato paste
3 cloves garlic, finely chopped
3 tablespoons fresh oregano (or 3 teaspoons dried)
Black pepper, to taste
1 cup beef stock, salt reduced
400g can diced tomatoes
2 bay leaves
Balsamic vinegar

Method

BROWN off the meat over medium-high heat in a frypan.

COMBINE onion, carrot, celery, tomato paste, garlic and oregano in slow cooker. Season the beef with pepper and sit on top of the vegetables.

ADD beef stock, tomato and bay leaves to slow cooker and cook meat until tender and easily pulled apart with a fork (about 4½ hours on high *OR* 9 hours on low).

COOL for 10 minutes before shredding meat using two forks.

STIR in balsamic vinegar to taste.

SERVE with your choice of pasta, polenta or mashed potato.

Recipe courtesy of Bec Dawson, Brisbane City Nights Branch

Spaghetti Bolognaise



Everyday Food

Serves: 6
Prep time: 15 minutes
Cook time: 35 minutes

2 ½ serves per portion

Ingredients

1 tablespoon olive oil
1 brown onion, finely chopped
2 garlic cloves, finely chopped
500g lean beef mince
1 teaspoon paprika
1 tablespoon dried oregano
1 teaspoon vegetable stock powder
Black pepper, to taste
2 tablespoons tomato paste
1 zucchini, grated
1 carrot, grated
2 x 400g cans diced tomatoes
500g dried spaghetti
½ cup parmesan, grated

Method

HEAT oil in a frypan over medium heat. Add onion and garlic and cook, stirring for about 5 minutes or until softened.

ADD beef mince, paprika, oregano, vegetable stock, black pepper and tomato paste and fry until mince has browned, about 5 minutes.

STIR in zucchini, carrot and canned tomato.

BRING to a boil then reduce heat to a simmer. Cook for 20 minutes or until sauce has thickened.

BRING a pot of water to the boil then add spaghetti. Cook for 12 minutes or according to packet instructions. Drain.

SERVE pasta with bolognaise mince, topped with a sprinkle of parmesan cheese.

Recipe courtesy of the Country Kitchens team

Vegetable Pasta Bake



Everyday Food

Serves: 6
Prep time: 15 minutes
Cook time: 30 - 40 minutes

1 ½ serves per portion

Ingredients

6 cups assorted vegetables, 1-2cm dice (e.g. pumpkin, carrot, eggplant, zucchini, capsicum and mushroom)
1 brown onion, chopped into crescents
4 garlic cloves, minced
2 tablespoons olive oil
1 teaspoon vegetable stock powder
Black pepper, to taste
300g wholemeal pasta (penne or spirals)
500g ricotta
150mL light evaporated milk
500mL tomato passata
3 cups cheddar cheese, reduced fat, grated

Method

PREHEAT oven to 200°C.
ADD vegetables, onion and garlic to a large baking tray and toss with olive oil, stock powder and pepper.
BAKE vegetables for 20 to 30 minutes, or until tender. Remove from oven and set aside.
BOIL a large saucepan of water and cook pasta according to packet directions.
WHISK ricotta and evaporated milk together in a bowl.
TRANSFER vegetables to a roasting/baking dish and mix in the passata.
POUR the ricotta mixture over vegetables and top with grated cheese.
BAKE in oven until top is browned and bubbling, up to 20 minutes.
REST for 10-15 minutes before serving with a crisp salad.

Recipe courtesy of the Country Kitchens team

Vegetarian Chilli



Everyday Food

Serves: 6
Prep time: 5 minutes
Cook time: 15 minutes

3 ½ serves per portion

Ingredients

1 tablespoon olive oil
1 medium onion, finely chopped
1 medium capsicum, diced
400g can black beans
400g can 4 bean mix
400g can corn kernels
2 x 400g cans chopped tomato
1 packet taco seasoning, reduced salt*
Brown rice to serve

Suggested toppings:
Cheddar cheese, reduced fat, shredded
Coriander, leaves only
Sour cream, reduced fat
Chilli, sliced
Guacamole (mashed avocado, lemon juice, salt & pepper)

**You can create your own taco seasoning by combining: 1 tablespoon chilli powder, ¼ teaspoon garlic powder, ¼ teaspoon onion powder, 1 tablespoon paprika, 1 ½ tablespoons ground cumin, salt and pepper to taste*

Method

HEAT oil in a large pot over medium heat. Once hot, add diced onion and cook until softened, stirring occasionally (about 5 minutes).

ADD capsicum and fry for another 2 minutes or until capsicum has softened.

ADD all canned ingredients, bring to a simmer then reduce heat and cook for 5 minutes.

SERVE over brown rice and your choice of toppings.

Recipe courtesy of the Country Kitchens team

Winter Vegetable Soup



Everyday Food

Serves: 8
Prep time: 20 minutes
Cook time: 25 minutes

3 serves per portion

Ingredients

1 tablespoon olive oil
2 cups sweet potato, peeled, diced
2 carrots, diced
½ swede, diced
1 parsnip, diced
3 stalks celery, diced
1 large brown onion, diced
2 garlic cloves, crushed
2 x 440g cans crushed tomatoes
½ cup yellow lentils
½ cup blue or green lentils
½ cup barley
1L vegetable stock
1L water
Flat leaf parsley, to serve
Fresh thyme, to serve

Method

HEAT oil in a heavy based soup pot or large saucepan over medium heat. SAUTÉ potato, carrot, swede, parsnip, celery, onion and garlic until onion is just transparent.

ADD tomatoes, lentils and barley to vegetable mixture, stirring to combine. Pour in stock and water and bring to the boil. Reduce heat, simmering for about 20 minutes or until lentils and barley are cooked. *Alternatively*, transfer sauteed vegetables to a slow cooker, adding tomatoes, lentils, barley, stock and water, and cook on low for 1 hour.

SERVE with a sprinkle of fresh parsley and thyme and a slice of wholemeal bread.

Recipe courtesy of the Country Kitchens team

Bean Brownie



Discretionary Food

Serves: 12
Prep time: 5 minutes
Cook time: 15-18 minutes

½ serve per portion

Ingredients

400g can black beans, drained
⅓ cup brown sugar
½ cup rolled oats
½ teaspoon baking powder
2 tablespoons cocoa powder
1 teaspoon vanilla extract
Zest of ½ orange OR 1 tablespoon espresso coffee
1 egg
¼ cup vegetable oil
2 tablespoons chocolate chips
Natural yoghurt, to serve (*optional*)
1 cup seasonal fruit, to serve (*optional*)

Method

PREHEAT oven to 170°C. Line a small slice tin with baking paper.

COMBINE all ingredients except chocolate chips, yoghurt and fruit in a food processor. Blend until smooth.

SPOON batter into lined slice tin and sprinkle chocolate chips over the top.

BAKE in oven for 15-18 minutes, or until a skewer comes out clean. Cool before slicing.

SERVE with a dollop of yoghurt and your choice of seasonal fruit on the side (*optional*).

Recipe courtesy of the Country Kitchens team

Carrot and Pineapple Cake



Discretionary Food

Serves: 12
Prep time: 15 minutes
Cook time: 20-35 minutes

½ serve per portion

Ingredients

2 apples, chopped
1 ¼ cup plain flour (or gluten free flour)
¾ teaspoon baking soda
1 teaspoon baking powder
1 teaspoon cinnamon
½ teaspoon nutmeg
¼ cup sugar
2 large eggs
⅓ cup olive oil
2 cups carrot, grated
400g can crushed pineapple, drained
⅓ cup pecan nuts, chopped

Method

PREHEAT oven to 180°C and line a slice tin or a 20cm round cake tin with baking paper.
MIX all ingredients together except carrot, pineapple and nuts.
FOLD in carrot, pineapple and nuts.
POUR mixture into prepared tin.
BAKE for 20-35 minutes, or until golden brown and a skewer comes out clean.

Recipe courtesy of the Country Kitchens team

Stovetop Apple and Pear Crumble



Discretionary Food

Serves: 8
Prep time: 10 minutes
Cook time: 20 minutes

½ serve per portion

Ingredients

2 apples, chopped
2 pears, chopped
½ lemon, juiced
½ teaspoon ground cinnamon
Pinch ground nutmeg
½ cup water

Topping:

2 tablespoons butter, cut into cubes
½ cup wholemeal plain flour
½ cup oats
2 tablespoons brown sugar
¼ teaspoon ground cinnamon

Method

ADD apples, pears, lemon juice and spices to a saucepan and mix well.
COOK fruit mixture with ½ cup of water over low heat for 10 minutes or until the fruit is softened. Set aside.
ADD all topping ingredients to a frypan and mix until it resembles crumbs. Turn heat on low and stir to cook until golden brown. Set aside.
ASSEMBLE the apple and pear filling in eight small cups and top with oat crumble.

Recipe courtesy of the Country Kitchens team



QLD COUNTRY WOMEN'S ASSOCIATION

COUNTRY Kitchens

Recipe for good health

Connecting women who have the power to heal their communities

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