

Cook-Along

RECIPE BOOK





Bean Chilli



4 servings



45 minutes

Join Chloe to cook an easy and versatile bean chilli, along with some tomato salsa and guacamole, perfect for rice bowls, burritos, or jacket potatoes! [View the cook-along video here](#)

INGREDIENTS

1 onion
2 garlic cloves
1 tbsp oil
1 tsp ginger/fresh ginger
1 tsp chili (this will make a mild to medium chilli, add more to taste)
1 tsp cumin
1 ½ tsp smoked paprika
1 ½ tsp cocoa powder
2 tin beans
1 tin toms
1 stock cube
Mushrooms (optional)
Lemon or lime (optional)
Fresh coriander (optional)

Additional topping suggestions Tomato salsa, Guacamole, served with a bowl of rice, Add your toppings of choice and some salad.

INSTRUCTIONS

1. Start by preparing the ingredients you need. Dice the onion and garlic. Drain and thoroughly rinse the beans.
2. Heat the oil in a medium-sized pot over medium-low heat. Once hot, add the onion and garlic and fry for 5 minutes or until soft, stirring often so it doesn't burn.
3. Once the onion and garlic are soft add the ginger, chilli flakes, cumin and paprika. Stirring through and let cook for a minute or two. (If you are using mushrooms then add them in after the onion and garlic are softened and cook for 5 minutes.
4. Add the chopped tomatoes, the beans, cocoa powder and crumble the stock into the pot. Stir to combine, turn the heat down to low and simmer for 15 minutes. Cover with a lid if you have one. Stir occasionally to check it is not sticking to the bottom and add a splash of water if it gets too thick.
5. To prepare the rice, add 1 mug of rice and 2 mugs of water to a pot over high heat. Bring to a boil. Once the water is bubbling, turn the heat down to low and cover with a lid. Let cook for at least 15 minutes. At this point check if all the water has been absorbed and the rice is cooked through. If not, continue to cook with the lid off until no water is left. Fluff with a fork and your rice is ready to serve.
6. Squeeze some lemon or lime juice to taste if you'd like to on your chilli, it will bring out all of the flavours.



Butterbean Stew



4 servings



30 minutes

Join our virtual cook-along with Christine, who will be showing you how to create a delicious tomato, garlic & butterbean stew, accompanied by a side of lemon & garlic broccoli. [View our cook-along video here](#)

INGREDIENTS

1 large red onion
2 cloves of garlic
3 mixed peppers
150g kale
2 x 400g canned chopped tomatoes
1 x 400g canned butterbeans drained
1 tablespoon of oil
1 teaspoon of smoked paprika
2 tablespoons of tomato purée
Water
500g broccoli
2 cloves of garlic
2 teaspoons of lemon juice
3 tablespoons butter
1 pinch salt
1 teaspoon of ground black pepper

INSTRUCTIONS

1. Peel and thinly slice 1 large red onion.
2. Turn the hob onto medium-low heat, and add 1 tablespoon of oil to a large pan.
3. Add the onion and 4 tablespoons of water. Cook this for 3 to 4 minutes until all the water has gone and the onion is soft.
4. While the onion is softening, crush and finely chop 4 cloves of garlic, and de-seed and slice the 3 peppers.
5. Put half of the garlic aside to be used in the side dish.
6. When the onion is soft, add the chopped garlic and 1 teaspoon of smoked paprika. Cook this for 1–2 minutes.
7. Add the 2 tins of chopped tomatoes, 2 tablespoons of tomato purée and the sliced peppers.
8. Bring the stew to the boil, then cover and simmer over low heat for 15 minutes.
9. While the stew is cooking, we can prepare the broccoli side dish.
10. Wash and cut the broccoli into florets.
11. Put a large pan on the stove over medium heat and add the broccoli.
12. Mix 2 tablespoons of water and 2 teaspoons of lemon juice together in a small bowl, and pour this mixture over the broccoli.
13. Cover and steam until broccoli is bright green and tender which will take around 10 minutes.
14. Back to the stew, drain the tin of butterbeans and add to the stew along with the kale. Stir well so the kale into the dish to cook. Now cook the stew uncovered for around 8 minutes until the kale is wilted.
15. Melt 3 tablespoons of butter in a small saucepan over medium-low heat; stir in garlic and salt. Reduce heat to low and gently cook garlic until golden brown, making sure it doesn't burn.
16. Drain the cooked broccoli if needed and add it back into the pan.
17. Pour over 2 teaspoons of lemon juice, and stir in your garlic butter mixture. Season the broccoli with a pinch of salt and black pepper and toss it in the pan to combine the flavours through all of the broccoli.
18. Serve up and enjoy!!

Don't forget you can always switch out veg for any you may have at home, or what ever veg is in season .



Chickpea Balti with Chapati



4 servings



30 minutes

Join Christine from the Big Feed team cook along a nutritious, inexpensive, quick and easy meal- spinach, chickpea and mushroom balti with chapati. [View full cook-along video here](#)

INGREDIENTS

- 1 Mug of chapati flour
- 1/3 mug cold water
- 2 tbsp oil
- 1 onion, sliced
- 1/2 tin tomatoes or 2 fresh tomatoes
- 2 tsp turmeric
- 2 tsp garam masala
- 1 tsp salt (to taste)
- 1 potato, peeled and cubed
- 1-2 mugs water
- 1 tin of chickpeas, drained and rinsed
- Handful of fresh coriander

Traditionally you use seasonal vegetables, so feel free to substitute for your favourite veg that is in season

INSTRUCTIONS

1. Put 1 mug of chapati flour in a bowl. Slowly start pouring in your water and mixing it into the dough. You want to have a soft dough that stops clinging from the sides of the bowl. If it's still very sticky, sprinkle some more flour on it. If it's too dry, add a little bit more water and mix. Knead your dough for approx. 5 minutes, then leave to rest whilst you prepare the Curry.
2. For the curry, start by preparing your ingredients as per the ingredients list.
3. In your medium pot on medium-high heat, add 2 tbsp of oil. Once hot, add the onion and let cook for 5-8 minutes, until it's starting to turn golden brown. Add your tomatoes and cook for a further 5 minutes, stirring occasionally.
4. Add your spices and stir well to combine. Then add your cubed potato and your mug of water. Let simmer for 10-15 minutes, stirring occasionally and checking for water, until the potatoes are cooked through. If it gets too dry, add a little bit more water and stir to combine.
5. In the meantime make your rice. In a small pot, add the water and bring to a boil. If using a stock, add it to the water now. Once boiling, add your rice and a pinch of salt, and stir well.
6. Cover it with a lid (or carefully with a plate), and let it cook on low heat for 10-15 minutes, until all of the water has evaporated and the rice is cooked through. Make sure you've turned the heat down! No need to stir the rice whilst it cooks.
7. To make your chapatis, sprinkle a clean surface with flour. Pull off a palm-size piece of dough and roll it into a ball in between your palms. Place it on the surface and flatten it then, using a rolling pin, roll it into thin rounds. You want them not too thin that they're see-through or disintegrate, but thin enough that they cook quite quickly.
8. Add your pan to medium-high heat and let it warm up. Shake off any excess flour from the chapati. Once the pan is hot, add the chapati to the pan for a few minutes to let brown on one side, then flip it and let cook for a further few minutes. Repeat until you have enough chapatis. Ensure you keep the chapatis warm so they don't go hard – we suggest wrapping them in a clean tea towel
9. Check the curry for seasoning and adjust if needed. Serve with a sprinkle of coriander on top and a side of rice or chapatis.



Veggie Chilli



8 servings



50 minutes

Join us to learn how to make a tasty, nutritious Veggie Chilli, with Kate who will show you step by step how to make this simple, delicious meal. [Join our cook-along here.](#)

INGREDIENTS

4 Garlic cloves
2 Large onions
2 Red peppers
2 Tablespoons oil
2 Teaspoons chilli powder
2 Teaspoons paprika
2 Teaspoons ground cumin
2 Teaspoons sugar
2 Vegetable stock cubes
2 Tins of chopped tomatoes
2 Tins of red kidney beans
2 Tablespoons tomato puree
600g Long grain rice
600ml Hot water for the stock
Salt & Pepper to taste
1000g Quorn mince
Soured cream to serve (optional)

INSTRUCTIONS

1. Dice both large onions and put aside.
2. Chop both of the red peppers and put aside, the peel and finely chop the 4 garlic cloves.
3. Put the large/medium pan on medium heat, add 2 tablespoons of oil and allow it to heat up for a minute or two.
4. Once hot, add the onion. Cook and stir for around 5 minutes until the onion has softened.
5. Add in the chopped garlic, chopped red pepper, 2 teaspoons of chilli powder, 2 teaspoons of paprika and 1 teaspoon of ground cumin. Give it a good stir and leave it to cook for 5 minutes, stirring every so often.
6. Turn the heat up a bit, add the Quorn mince to the pan and break it up with your spoon.
7. Stir for at least 5 minutes, until all the mince is in uniform lumps. Make sure you keep the heat hot enough for the mince to fry and become brown, rather than stew.
8. Crumble 2 vegetable stock cubes into a jug with 600ml hot water, dissolve and add to the pan with the mince. Add 2 cans of chopped tomatoes, 2 teaspoons of sugar and add a good shake of salt and pepper. Add 2 tablespoons of tomato puree and stir well.
9. Bring the whole thing to the boil, give it a good stir and put a lid on the pan. Turn down the heat until it is simmering and leave for 20 minutes.
10. Check on the pan occasionally, stir it and make sure it doesn't stick to the bottom of the pan. If it looks to be drying out, add a couple of tablespoons of water and make sure that the heat is on low.
11. Drain and rinse 2 cans of red kidney beans in a sieve and add them to the pan. Bring to the boil again, and gently simmer without the lid for another 10 minutes. Add a bit more water if it looks too dry.
12. Taste a bit of the chilli and season.
13. Replace the lid, turn off the heat and leave your chilli to stand for 10 minutes before serving.
14. Cook the rice according to the instructions on the packet.
15. Serve with soured cream and plain boiled long-grain rice and enjoy!!

By cooking in bulk, you can create several meals- saving time, money, and reducing waste.



Yam and Gungo Pea soup



6 servings



50 minutes

Join us to learn how to make a traditional Carrabean Yam and Gungo Pea soup with Christine.

[Click here to watch the cook along](#)

INGREDIENTS

400g yam, peeled and cubed
1 x 400g can gungo peas (also known as pigeon peas)
2L water
2 cloves garlic
2 spring onions
1 large green pepper
1 whole scotch bonnet
3 sprigs thyme
6 whole pimentos (allspice)/1 tsp ground
Dumplings:
340g self-rising flour
2 tsp baking powder
40g butter
½ cup water
Vegetable oil for frying

INSTRUCTIONS

1. Open the can of Gungo peas, drain and rinse. Add the peeled and chopped Yams and peas to a saucepan of boiling water and cook for around 20 minutes.
2. Cut up your garlic, spring onions, peppers and thyme.
3. To a mortar and pestle add your Salt, pepper, thyme and whole pimentos and ground together.
4. Add to the cooked yams and peas.
5. Leave to cook for 30 minutes to let the soup simmer down and thicken.
6. To make the dumplings, in a large bowl add all your dry ingredients and butter and mix well until combined.
7. Slowly add your water to the mix, a little bit at a time. It should create dough,
8. Empty the dough to a clean flat surface and knead for about 2 minutes until all the ingredients have come together and it becomes a nice soft dough.
9. Portion the dough into 6 equal balls and flatten down to ensure even cooking throughout. these will puff up as they cook.
10. In a large wok heat up 2 cups of oil, turn it down to medium heat and slide the dough into the oil.
11. The dough will sink to the bottom, once it has risen up to the top of the wok immediately flip over.
12. Fry till golden brown approximately 5-10 minutes continuously flipping.
13. You will know when they are done if you break them in half they should be cooked through and have a soft spongy texture and be crispy on the outside.
14. Serve in a large bowl with dumplings on the side for dipping and enjoy!!

Feel free to switch out Gungo Pea (Pidgeon pea) with what ever beans you may have in the cupboard. it may no longer be a traditional dish but it will still taste delicious.

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Our Community Cafés are safe spaces to enjoy delicious, nutritious home-cooked food, learn cooking skills and make meals together.

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Thursday and Friday, 12pm - 1:30pm
(sit in meals only)

All Saints, Baptist Church, Herbert Road, Small Heath, B10 0PR
Monday, Tuesday, Thursday, 12pm - 1:30pm
(sit in meals only)

Highgate Baptist Church, Conybere Street, B12 0YL
Monday, 12 - 1:30pm and Wednesday, 3:30pm - 5pm
(sit in meals only)

Come Together, Cook Together 10:30am - 1:30pm (Join us for an informal and enjoyable, free cooking and dining session)

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