

Love Food



Cheap, easy,
healthy recipes



Love Food CIC
LOCAL • ORGANIC • VEGAN • ETHICAL



About LOVE Food CIC

LOVE (Local Organic Vegan Ethical) Food CIC organises community food projects and activities that increase access to, and promote the benefits of, local, organic, vegan, ethical food for animals, health and the environment.

We run regular monthly community lunch clubs on the 2nd Friday of the month in Ide Village Hall and the 4th Thursday in St Thomas Parish Church Hall from 12.30-1.30pm (except for school holidays). They are open to all and you can pay whatever you can afford.

We run free and low cost vegan cookery classes and demos at Exeter Community Centre and other venues, including the Beacon Community Centre and Exeter Library.

We have just set up a new community fridge in St Thomas Library. Community fridges are places where local people can share free food, this includes surplus from supermarkets, local food businesses, producers, households and gardens. There is also a community fridge in Exeter Library run by the Devon Food Rescue Project.

To find out more about our activities follow us on social media @lovefoodcic or visit our website www.lovefoodcic.co.uk

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Introduction



Welcome to our free recipe booklet, which aims to provide simple, delicious and nutritious recipes using seasonal vegetables. Our focus is on making healthy and sustainable eating accessible for everyone, regardless of budget and cooking skills.

These recipes have been tested out in our cookery classes and lunch clubs, and are designed to be healthy, affordable, tasty and easy to cook. They are based on wholefoods, e.g. vegetables, fruit, pulses, nuts & seeds and wholegrains. You can get good value dried pulses, grains, nuts and spices loose from zero waste shops and ethnic food shops. Most vegan alternatives such as tofu and plant milk are available in supermarkets, or you can get in health food shops or via a food co-op.

You can use a variety of vegetables in each recipe, depending on what's in season and what you have available. You can buy local produce at Exeter Farmers Market, direct from farms such as Shillingford Organics or from other local shops and box schemes. Seasonal vegetables and pulses are some of the cheapest and healthiest foods that you can eat. I mainly buy cheap staples e.g. potatoes, cabbage, carrots, cauliflower, kale, squash, etc. You can also use frozen veg. You can get free fruit and veg and other foods from community fridges or larders, via Olio or Facebook groups, or from Exeter Foodbank if you are referred.

All the recipes work out about £1 a portion, or just over, based on prices where I shopped, but could be even cheaper depending on where you get food. You can save money and energy by batch cooking and making bigger quantities. All these dishes can be kept in the fridge to eat the next day, and most can be frozen too. Some recipes use half a tin, so you can make double, or keep the rest of the tin in a fridge for another meal.

How to Eat Well

This is a plant-based adaption of Public Health England's Eatwell Plate produced by Plant Based Health Professionals:



- Eat at least 5 portions of a variety of fruits and vegetables a day but aim for more, as eating up to 10 portions a day has additional benefits for health.
- Base meals around potatoes, bread, rice, pasta or other starchy carbohydrates. Choose wholegrain over refined versions.
- Include some fortified dairy alternatives such as soya drinks and yoghurts; choose unsweetened options.
- All plant foods contain some protein. Higher amounts are found in beans, pulses, lentils, nuts, seeds, and tofu.
- Choose unsaturated oils and spreads and eat in small amounts. Extra virgin olive oil for salads and cold-pressed rapeseed oil for cooking are better options.
- Drink 6-8 cups/glasses of fluid a day, mainly water but can include plant-based milks, tea and coffee.
- Make sure you get an adequate amount of vitamin B12. A supplement is the safest, most reliable and affordable way of ensuring this.
- Processed and packaged foods are usually high in fat, salt or sugar. Have these less often, if at all, and only in small amounts.

What's in season



This shows which vegetables and fruit are available from local farms through the year:

Spring (March to May)

- Rhubarb
- Asparagus, Brussels Sprouts, Cabbage, Carrot, Cauliflower, Lettuce, Onion, Parsley, Potato, Purple sprouting broccoli, Radish

Summer (June to August)

- Apple, Cherry, Plum, Raspberry, Rhubarb, Strawberry
- Aubergine, Basil, Beans, Beetroot, Broccoli, Carrot, Cauliflower, Celery, Courgette, Cucumber, Fennel, Lettuce, Onion, Pepper, Potato, Radish, Rocket, Tomato

Autumn (September to November)

- Apple, Blackberry, Pear
- Brussels Sprouts, Cabbage, Carrot, Cauliflower, Celery, Kale, Leek, Onion, Parsnip, Potato, Pumpkin, Purple sprouting broccoli, Spinach, Squash, Tomato, Turnip

Winter (December to February)

- Apple
- Cabbage, Carrot, Cauliflower, Chard, Leek, Onion, Parsnip, Potato, Pumpkin, Purple sprouting broccoli, Squash, Swede, Turnip

Ingredients list

These are ingredients that I use regularly, so I always have them in stock:

Pulses - dried and/or tins:

- Chickpeas
- Lentils, red and brown
- Red kidney beans
- Black beans
- Borlotti or pinto beans
- White beans e.g. haricot or cannellini

Grains:

- Rice e.g. brown, white basmati
- Pasta e.g. spaghetti, penne
- Noodles e.g. buckwheat, rice
- Barley
- Flour e.g. wholemeal, white

Nuts and seeds:

- Nuts e.g. almonds, walnuts, cashew nuts, hazelnuts
- Seeds e.g. sunflower, pumpkin, sesame
- Peanut, or other nut butters
- Tahini
- Coconut - milk & desiccated

Other:

- Oil e.g. olive or rapeseed
- Soy sauce
- Vinegar e.g. cider, balsamic
- Sugar, maple syrup

Fruit and vegetables:

- Whatever is in season, plus
- Bananas
- Citrus fruit e.g. oranges, lemons
- Tinned tomatoes
- Dried fruit e.g. dates, raisins
- Frozen veg e.g. peas, sweetcorn, spinach
- Frozen fruit e.g. berries

Vegan foods:

- Tofu, tempeh
- Plant milk - whichever you prefer - I use organic soya
- Plain vegan yoghurt - I use Sojade soya yoghurt
- Yeast flakes

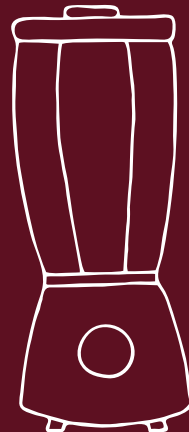
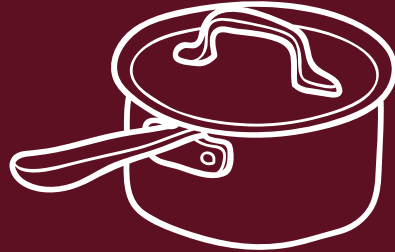
Dried herbs and spices:

- Cumin
- Turmeric
- Coriander seeds
- Paprika
- Chilli flakes
- Cinnamon
- Curry powder
- Oregano
- Thyme
- Mint
- Black peppercorns

Equipment list

This is some of the equipment you'll need for the recipes:

- mixing bowls
- saucepans
- frying pan
- knives
- colander or sieve
- measuring jug
- chopping board
- wooden spoons
- tablespoon
- teaspoon
- oven gloves
- baking tray
- loaf tin
- muffin tray
- vegetable peeler
- grater
- can opener
- kitchen foil
- baking paper
- liquidiser or hand blender
- kitchen scales
- pestle and mortar





Main courses

Most of the recipes in this booklet are based on pulses, e.g. chickpeas, lentils and beans. Pulses are a cheap, easy, healthy and sustainable way to make filling meals, high in protein. Tofu and tempeh are also good sources of protein but are a bit more expensive. Dried pulses are a lot cheaper but you may find it easier to sometimes use tinned beans, so you don't need to soak and cook them first. I've served most of the dishes with rice or pasta, as they're cheap and easy to get hold of, but you could use other wholegrains e.g. barley. Brown rice or wholemeal pasta are healthier.

Vegan chilli with roast squash

Ingredients - serves 4 with rice

- 1/2 small squash
- 1 tablespoon oil, plus extra for roasting
- 1 onion
- 1 clove garlic
- Seasonal veg e.g. in summer - courgette, red pepper, green beans, in winter - carrot, cauliflower
- 1 tin /240g cooked beans e.g. red kidney, black or pinto beans
- 1 tin chopped tomatoes
- 1/2 - 1tsp cumin
- 1/2 - 1tsp smoked paprika
- 1/2 - 1tsp chilli flakes
- 1 tsp cocoa power
- Pinch of salt and sugar



Method

- Remove the seeds from the squash by scraping with a spoon and then cut the rest into small chunks - you can leave the skin on.
- Coat the squash chunks in a little oil and salt and roast in the oven at 220°C/200°C fan/425°F/Gas 7 for 25 mins (or air fryer 200°C for 10 mins). I normally use squash that I have pre-roasted.
- Peel and roughly chop the onion, garlic and any other vegetables you're using.
- Heat the oil in saucepan and fry the onion and garlic for a few minutes over a medium heat.
- Add in all the spices, fry for another minute (if you don't like chilli too spicy use lower amounts), then add the other veg.
- Drain and rinse the beans, and add in, along with the tinned tomatoes, cocoa, and roast squash.
- Add a little extra water and salt & sugar to taste.
- Simmer for about 20 mins until veg is cooked.
- Serve with brown rice, or use in tacos or tortilla wraps.

Red lentil and vegetable curry



Ingredients - serves 4 with rice

- 2 medium potatoes, peeled and chopped
- 1 small onion, peeled and chopped
- 1 clove garlic, chopped, or more if you prefer
- Other seasonal or frozen veg e.g. carrots, swede, cauliflower
- A few big leaves of green veg e.g. kale, chard or spinach, shredded
- 1/2 tin chopped tomatoes, or 4 fresh tomatoes, if in season
- 1 tsp coriander seeds, or ground coriander
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 2 tbsp oil
- 200g red lentils, rinsed

Method

- Heat the oil in a saucepan and add coriander, cumin, chilli and turmeric. Fry for 2-3 minutes and stir occasionally.
- Add the onion and garlic, fry for 5 mins until they start to soften.
- Add the potatoes, other veg, red lentils, tomatoes and cover with water and season with a pinch of salt and sugar.
- Bring to the boil and simmer for 30-35 minutes until the lentils are cooked. Add a little more water when the rest is soaked up.
- Add in the chopped green veg and add cook for another 5 mins.
- Serve with brown or white basmati rice.

Thai chickpea curry

Ingredients - serves 4 with rice

- 2 tablespoon oil
- 1 garlic clove, chopped
- 1/2 tsp black peppercorns
- 1/2 tsp coriander seeds
- 1/2 tsp chilli flakes
- 1 tablespoon curry powder
- 1 potato, peeled and diced (cut into cubes)
- Other seasonal veg e.g. in summer - aubergine, tomatoes, courgette, green beans; in winter - cauliflower, swede, greens
- 240ml /1 cup coconut milk
- 1 tin / 240g cooked chickpeas
- 1 tablespoon soy sauce
- 1 /2 tsp salt
- 1 tsp sugar



Method

- Pound the garlic, black peppercorns, coriander seeds, curry powder, chilli flakes, salt and 1 tablespoon oil with a pestle and mortar to make a paste, or use a small blender.
- Heat the rest of the oil and fry the paste, and then add the coconut milk and stir well.
- Add in the potatoes, chickpeas, and any other vegetables you're using, along with the soy sauce, sugar and extra salt if needed.
- Simmer until the vegetables are cooked.
- Serve with brown or white rice.
- You can garnish with coriander or basil, if available.
- You could also make this curry with tofu, as well as, or instead of, chickpeas.

Minestrone soup



Ingredients - serves 4

- 1 tablespoon olive oil
- 1 garlic clove, peeled and chopped
- 1 small onion, peeled and chopped
- 1 carrot, diced (cut into cubes)
- Other seasonal veg e.g. courgette, celery, green beans, diced
- Green leafy veg e.g. chard, kale or cabbage, shredded
- 1 tin chopped tomatoes
- 1/2 tin/ 120g cooked beans, e.g. Borlotti or cannellini
- 40g pasta - you can also use barley, rice or another wholegrain
- Dried herbs e.g. oregano or thyme
- Sea salt and freshly ground black pepper

Method

- Put the garlic, onion, herbs, carrot and other diced vegetables in saucepan and fry in the olive oil until softened.
- Add the tomatoes and simmer for 10 minutes
- Add the cooked beans and pasta, and 250 ml water or veg stock.
- Bring to the boil and simmer for 10-15 mins until pasta is cooked.
- Add more water if the soup is too thick.
- Add leafy green veg to the soup just before it is ready.
- Season with salt and pepper. If you have any, you can sprinkle some fresh herbs on top e.g. parsley or basil.

Spicy roasted chickpeas and vegetables



Ingredients - serves 2 with salad

- 1 tin/240g cooked chickpeas
- Selection of seasonal vegetables e.g. in summer - a few florets of broccoli , 1 carrot, 1 small onion, 1 courgette, 1 red pepper, a few cherry tomatoes. In winter - cauliflower, root vegetables & squash
- 2 tablespoons olive oil
- 1-2 tsp spices or herbs e.g. cumin, paprika, turmeric, rosemary
- Salad leaves
- 2 tablespoons tahini
- Juice of half a lemon

Method

- Preheat the oven to 220°C/200°C fan/425°F/Gas 7 or use an air fryer.
- Cut the veg into chunks and put in a roasting tin with the chickpeas.
- Drizzle over the olive oil, add spices and a pinch of salt and pepper. Mix together to coat the vegetables.
- Roast in the oven for 25-30 minutes until the vegetables are browned and slightly soft. You may need longer for root vegetables.
- Mix tahini with water, you will need to add quite a lot as it goes thick first, then thins out, then add lemon juice & a pinch of salt.
- Leave the veg to cool then serve on salad leaves with tahini dressing.
- You could also serve with rice or couscous

Lentil bolognese



Ingredients - serves 4 with pasta

- 1 small onion, peeled and diced (cut into cubes)
- 1 carrot, diced
- Other seasonal veg e.g. courgette, mushrooms, celery, red pepper, diced
- 1 clove garlic, crushed
- 1 tablespoon olive oil
- 200g dried brown or green lentils, rinsed
- 1 tin chopped tomatoes
- Fresh or dried herbs e.g. oregano or thyme
- 1 tablespoon tomato puree
- Pinch of sugar and salt

Method

- Gently fry the onion, carrot and garlic in the olive oil and add in any other seasonal veg you have.
- After 5 mins add in the lentils, tinned tomatoes and a little water.
- Stir in the herbs, tomato puree, sugar and salt.
- Cook for 30-40 mins until the lentils are soft, keep adding extra water as needed.
- You can serve with pasta, or use for cottage pie or lasagne.
- To make this quicker to cook, you could boil the lentils separately first and add in cooked, or use tinned lentils, but dried are cheaper.

Tofu and noodle salad with peanut sauce



Ingredients - serves 2

- Selection of seasonal vegetables e.g. in winter - 1 carrot, 1 slice red cabbage, 1 broccoli stalk, a few florets cauliflower; in summer - 1/2 cucumber, 1 red pepper, 1 courgette, a few radishes
- 100g firm tofu, or tempeh - you can use marinated or smoked
- 1 nest of noodles e.g. buckwheat or thin rice noodles
- 2 tablespoons soy sauce- plus extra for tofu
- 2 tablespoons peanut butter, I use crunchy
- 2 tablespoons lemon or lime juice
- 1 tablespoon sugar or maple syrup
- Optional - red chilli, coriander, mint

Method

- Cook the noodles according to the instructions on the packet. Then rinse in cold water, drain and set aside.
- Cut the tofu into small cubes. Add oil to a frying pan or wok and fry the tofu until brown all over, add a little soy sauce.
- Wash all the vegetables and cut into very thin strips/matchsticks.
- Make dressing by mixing peanut butter, soy sauce, lemon juice and sugar in a bowl, along with 2 tablespoons water, or whizz in a blender
- Mix noodles, tofu, veg and dressing together - you can also add red chilli and chopped fresh herbs e.g. coriander or mint.
- You could also stir-fry the veg then add noodles, cooked tofu & sauce.



Photo - St Thomas Community Lunch Club © One Mile Bakery Exeter

Desserts

The dessert I eat most often is just a piece of fresh fruit, or otherwise plain vegan yoghurt with fresh fruit, and maybe some maple syrup and nuts. But when I have lots of fruit that needs using up I make puddings and cakes. When apples, rhubarb and other fruits are in season you can often get them for free from people with allotments and gardens, or in a community fridge, and you can also often get cheap or free ripe bananas in local shops. I also pick lots of blackberries in summer and freeze them. You can buy local berries from Boyces Nursery in Shillingford.

Vegan sponge puddings

I make these puddings regularly for our community lunch clubs. You can make them with whatever fruit is in season, e.g. rhubarb, plums, apples or pears. You can freeze easily, so you don't need to eat them all at once!

Ingredients - makes 12

- 250g self-raising flour (I use half white and half wholemeal flour)
- 125g sugar
- A pinch of salt
- 75ml olive or sunflower oil
- 250ml soya pr other plant milk
- 1tsp bicarbonate of soda
- 1tsp baking powder
- 1tsp vinegar
- 1 tsp vanilla extract
- Seasonal fruit e.g. 2 apples, pears, sticks of rhubarb, or 4 plums

Method

- Pre-heat the oven to 180°C/160°C fan/350°F/Gas 4 and grease a 12 cup muffin tray with oil.
- Put the flour, salt and sugar into a bowl.
- Measure the olive oil and soya milk in a jug and add the bicarbonate of soda & baking powder, vanilla and vinegar, and mix until it froths up.
- Add to the rest of the mixture and stir together until smooth, add more soya milk if needed.
- Chop the fruit into small chunks, and stir into the mixture.
- Spoon into the muffin tray and bake for 20-25 mins until brown on top and firm to the touch.
- Leave to cool slightly and then carefully remove from the tray.
- I normally dust with icing sugar and serve with hot custard or yoghurt, but you can just eat them on their own.

Chocolate tofu mousse



Ingredients - makes 4

- 1 packet / 300-350g silken tofu
- 100g dark chocolate
- 1 or 2 tablespoons maple syrup or sugar (optional)
- Garnish e.g. fresh berries in summer, chocolate shavings or nuts

Method

- Melt the chocolate in a Pyrex bowl over a pan of hot water or in a microwave (melt for 30 seconds, stir and repeat until melted).
- Set aside to allow the chocolate to cool a bit.
- Put the silken tofu and sugar/maple syrup in a blender and blend until smooth (you can make without added sugar if you prefer).
- Add the melted chocolate and blend again until thick and smooth.
- Pour the mixture into GU pots or other dishes and chill in the fridge for at least an hour.
- Add your garnish on top to serve.
- NB if you want to make mini cheesecakes you can crush 4 biscuits, e.g. digestives or ginger nuts, and put in the bottom of the GU dish before pouring on the chocolate mousse.
- You can also add other flavours e.g. vanilla, coffee or orange zest.

Rhubarb and date compote



Ingredients - serves 4

- 4-5 rhubarb sticks, cut into chunks (about 700g)
- 10 dates, cut into pieces
- 250ml water

To serve (optional)

- Plain vegan yoghurt
- Crushed biscuits

Method

- Put the rhubarb and dates in a pan and cover with the water.
- Cook over a medium heat for 10-15 mins until the fruits are soft - add a bit more water if necessary.
- Whizz it up in a blender to get a smooth texture, or leave the compote as it is, if you prefer.
- I normally have with plain yoghurt, or in a glass layered with crushed biscuits, when I have a few leftover.
- You can also make this compote with other fruit e.g. gooseberries or plums.

Dates are very sweet and full of fibre and other nutrients. So if I want to make a sugar free cake or dessert I always used dates as a healthier natural sweetener.

Apple Crumble



Ingredients - serves 2

- 2 cooking apples, or eating apples if you prefer
- 50g raisin/sultanas
- 1/2 tsp cinnamon (optional)
- 100 g plain flour
- 25g sugar
- 50g vegan butter or spread, I use Naturli block
- 50g oats

Method

- Heat the oven to 190°C/170°C fan/375°F/Gas 5.
- For the crumble topping, mix the flour, oats and sugar in a bowl.
- Rub the butter in with your fingertips until the mixture looks like breadcrumbs.
- Peel the apples, cut into quarters and remove the core and seeds. Then cut into small chunks.
- Put in a baking dish and mix in raisins/sultanas and cinnamon. If you don't like dried fruit you can add 1 tablespoon sugar instead.
- Sprinkle the crumble over the apples until they're all covered.
- Put in the oven for 25-30 mins, until golden brown on top.
- Serve with vegan custard or yoghurt .
- You can also make crumble with other fruits e.g. blackberries, rhubarb or plums, either mixed with apple or on their own.

Sugar free banana bread



Ingredients - makes 1 loaf

- 225g wholemeal self raising flour
- 175g dates, you could also add walnuts and/or dark chocolate chips
- 3 ripe bananas
- 150 ml soya milk or other plant milk, add more if needed
- 80 ml olive oil
- 1 tsp baking powder
- 1 tsp bicarbonate soda
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp vinegar
- Pinch of salt

Method

- Measure the flour into a bowl.
- Chop dates into small pieces and add in with salt & cinnamon.
- Add the olive oil to the dry ingredients.
- Whizz bananas up in a blender with soya milk and vanilla extract.
- Add in the baking powder, bicarbonate of soda and vinegar so it fizzes, then pour into the bowl.
- Mix it all together and then pour into a greased large 2lb loaf tin.
- Bake for about 40-50 mins at 180°C / 160°C fan/350°F/Gas 4, until brown on top and firm to the touch.

Smoothie bowl



Ingredients - makes 1 or 2

- 1 ripe banana, fresh or frozen
- 200g frozen berries e.g. blackberries, raspberries, strawberries
- 300 ml plant milk

Toppings

- Nuts & seeds e.g. almonds, pumpkin or sunflower seeds
- Fresh fruit, e.g. banana, apple, berries
- Desiccated coconut
- Oats, or other cereal flakes

Method

- Put all the smoothie ingredients in a blender and whizz until smooth.
- Pour into a bowl and decorate with your toppings. You can do strips of different seeds, fruit, etc. or make up your own design.
- You could have this for breakfast or as a pudding.
- You can also drink the smoothie just as it is, or freeze to make smoothie lollies, which are my daughter's favourite.
- You can add in extra seeds and oats when blending too.

Berries are one of the healthiest foods we can eat but they're only in season in summer in the UK. So, it's cheaper to buy frozen berries if you want to eat smoothies all year round.

Get involved with LOVE Food CIC

Attend a class

Come along to one of our cookery classes or demos, find details via Eventbrite - LOVE Food Events.

Come to a lunch club

Come along to our regular community lunch clubs in Ide Village Hall and St Thomas Parish Church Hall.

Follow us

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Newsletter

Sign up to our newsletter, via our website, to hear about our activities www.lovefoodcic.co.uk

Volunteer

We always need regular volunteers to help with our classes, lunch clubs, community fridge, apple picking & other activities.

Donate

Make a donation to support our work, or help organise a fundraising event

Get in touch

If you'd like to get more involved in any way send us an email lovefoodcic@gmail.com



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