



# EAT BETTER

for your pocket  
and the planet

# Cook it, don't chuck it

As the cost of everyday essentials goes up, one way of making your money go further is to waste less food.

The average family throws away a fifth of what they buy - that's £60 of food every month. It's like leaving a bag of shopping at the supermarket every week! In the UK, 10 million tonnes of food goes in the bin every year, with 70% from our homes.

Chucking away less food is good for your pocket, and the planet too. Growing, making, transporting, storing and cooking food uses a lot of energy, fuel and water, and generates more than a quarter of the world's CO<sub>2</sub> emissions.

In this book you'll find delicious, simple recipes from the Wakefield district cooking community, and we'll show how you can save money by eating up more of the food you buy and using less energy when cooking. The main course recipes have been checked by a dietitian so they're healthy too.

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Most of the recipes are vegetarian or have a vegetarian option, but if you see this leaf symbol you know they're suitable for a vegan diet too.



# Eating better for you and the planet

Tackling climate change, the reduction in wildlife and the loss of habitats can feel like such a big problem that it's overwhelming. But there are things we can all do as individuals that will make a difference and reduce our impact on the environment.

A Council-commissioned expert report recommends we eat about a third less meat and dairy if we are to meet our target of reducing the district's carbon emissions to net zero by 2038.

Food choices that are good for the planet are often good for you as well. Eating a diet with more plant foods may help you lose weight and lower your risk of developing heart disease, cancer and type 2 diabetes.

If you don't want to cut out meat altogether, could you have a couple of meat-free meals a week instead? Or just stop eating beef and lamb, which have the highest environmental impact?

Animal farming produces more emissions than all forms of transport combined. Avoiding animal products will be better for the environment than flying less, or buying an electric car, which would only lower greenhouse gases. Farming also contributes to air and water pollution and takes up land that could be used for wildlife habitats.

**Beef and lamb have a high carbon footprint. Chocolate can be bad too!**

[Click here to check the environmental impact of your favourite foods](#)



# Feed your family, not your bin



## Plan meals

- Planning meals and making a shopping list helps you buy only what you need and what you'll use – which means less food waste, less impulse buying and less nipping out for things you've forgotten. We have links to food planners on page 16.

## Fruit and vegetables

- Fruit and veg often end up in the bin. If they're mushy or wrinkly (with no mould) they're still good to eat! Fruit and veg can seem expensive but are important for good health and wellbeing. Look out for 'wonky' veg or buy frozen or tinned instead of fresh to keep the cost down and reduce food waste. Frozen or dried herbs and spices can add flavour with less waste.

## Store food properly

- Store perishables like meat, milk and cheese in the fridge so they keep for longer. Fruit and veg will last longer in the fridge (but bananas, pineapples and onions are better in the cupboard). Potatoes last three times longer in the fridge than a cupboard.
- Keep your fridge under 5 degrees and keep space around food for air to circulate.
- Most foods can be frozen. Cheese, milk, cake, fruit – nearly everything! Freeze eggs by cracking them into a container and beating together first. Use an ice cube tray to freeze portions of milk, fresh herbs in oil, crushed garlic, egg yolks and fruit.
- Know the difference between use by and best before. Best before relates to quality – food can still be eaten after that date.

## Use it all up

- Eat leftovers the next day or pop them in the freezer. You can keep leftovers in the fridge for two days or longer in the freezer – just label and date the container. Defrost leftovers in the fridge or microwave, and reheat in the oven, hob or microwave. You can reheat meat, but only once.
- Ask to take leftovers home from restaurants - don't be shy!
- Use measuring tools or weigh your food so you don't cook more than you need.
- Use every edible bit, including crusts and broccoli stalks. You can make stock from chicken carcasses.





# Potato and Chickpea Curry and Naan



By Karen Wright, Great British Bake Off contestant 2018

[www.karenwrightbakes.co.uk](http://www.karenwrightbakes.co.uk)

Save water from chickpeas to make dessert on the next page!

## How to cook the curry

1. Heat the oil in a large pan or frying pan.
2. Gently soften the onions in the oil until soft and glossy.
3. Add the garlic, ginger and chilli and cook on low heat for a couple of minutes.
4. Add the curry powder and a splash of water to loosen.
5. Add salt, then add tomatoes and cook until the volume reduces, and the sauce thickens a bit.
6. Add ketchup, potatoes and chickpeas.
7. Add coconut milk.
8. Continue to cook until the curry has thickened.

## How to cook the naan

1. Combine the flour in a large bowl.
2. Add yogurt/soy milk and salt and knead to a dough.
3. Divide into two and shape two naan with a rolling pin or your hands.
4. Cook in a dry, very hot frying pan for a few minutes each side. Brush with oil, scatter with herbs, salt and a squeeze of lemon.

## Curry ingredients (serves 6)

- 3 tablespoons (tbs) oil
- 1 large, chopped onion
- Garlic/ginger/chilli (fresh, dried or pureed)
- 1 teaspoon (tsp) salt (or to taste)
- 3 tbs curry powder
- Water (to loosen)
- 2 tins chopped tomatoes
- 1 large tin potatoes (or fresh)
- 1 tin chickpeas (drained)
- 3 tbs tomato ketchup
- Half tin coconut milk (freeze the rest)
- (Optional extras: lemon or lime zest, coriander, fresh chillies)

## Naan ingredients

- 130g self-raising flour
- 100g Greek yoghurt (or soy milk with a squeeze of lemon for vegan)
- 1 tsp salt
- Fresh herbs/salt/garlic oil/lemon juice



# Tuscan Bean Casserole



## Ingredients (serves 6)

- 1 large onion, chopped
- 2 sticks celery, chopped
- 2 carrots, diced
- 1 potato, diced
- 1 tbs smoked paprika
- 1 tbs oregano
- Salt and pepper
- 4 birds eye chillies (use what you have - dried, puree or fresh)
- 1 tsp garlic salt (or use fresh/puree)
- 1 tin chopped tomatoes
- 1 tin mixed beans
- 1 tin baked beans
- 1 box passata (or another tin tomatoes)

Use any vegetables you have in the fridge

Vegetable stock cube (crumbled)  
Handful dried pasta (ideally a small shape)



Uses store cupboard ingredients

Use your slow cooker to save energy

## How to cook

Slow cooker: add everything except the pasta and cook for a few hours. Half an hour before you want to eat, add the pasta and cook until that is soft.

Hob: soften the vegetables in a bit of oil then add everything else. Cook until tender then add the pasta and cook that until soft.

# Chocolate Mousse



## How to make

1. Melt the chocolate in a microwave or a basin over a pan of simmering water (bain marie).
2. Whisk the chickpea water until it is light and fluffy (aquafaba).
3. Carefully fold the aquafaba into the chocolate.
4. Place into ramekins.
5. Chill in the fridge.



## Ingredients

- 200g vegan-friendly dark chocolate
- Liquid from can of chickpeas



# Roast Dinner Hash

## THE HEPWORTH WAKEFIELD

By Vic and Carl from The Hepworth Wakefield Cafe  
[www.hepworthwakefield.org](http://www.hepworthwakefield.org)

Use up your  
roast dinner  
leftovers

Vegetarian  
option - leave  
out meat or  
use meat  
substitute

### Ingredients (serves 2)

- 300g left over roast vegetables (eg carrots, parsnips, potatoes)
- 100g left over greens (eg cabbage, kale, sprouts, sprout tops)
- 50g red onion (or white onion or shallot)
- 160g leftover meat, shredded (eg turkey, ham, gammon, ham hock or meat substitute)
- 4 pigs-in-blankets
- 2 tablespoons cranberry sauce
- 1 tablespoon honey or maple syrup
- 50g leftover stuffing
- 2 eggs
- 1 tablespoon neutral (flavourless) oil
- 1 knob of butter

### How to cook

1. Heat oil and butter in a large frying pan, and add the pigs-in-blankets and red onion.
2. Once the pigs-in-blankets start to crisp up and the onion has softened, add your roast vegetables, and continue to fry for five minutes.
3. In a separate pan, heat your shredded leftover meat with the cranberry sauce and honey or syrup until sticky and cooked through.
4. Add your leftover greens to the first pan to warm though and season to taste.
5. Add your hash mixture to your plate and top with your sticky cranberry leftover meat.
6. Crumble over any leftover stuffing.
7. Top with poached eggs.



# Cajun Bean One Pot

By Holly Anna from Ackworth, Pontefract

 [food diaries by holly\\_t](#)



Uses store  
cupboard  
ingredients

Use your  
slow cooker  
to save  
energy



## Ingredients (serves 4)

- Tin of chickpeas, drained
- Tin of kidney beans, drained (or use any beans you have in your cupboard)
- 2 tins of tomatoes (or add fresh tomatoes if you have some)
- Any leftover vegetables (Holly used sliced onions, sliced peppers and broccoli)
- Spinach (optional)
- 4 teaspoons cajun seasoning
- 2 teaspoons garlic paste
- Salt and pepper to taste

## How to cook

Add all the ingredients to your slow cooker or cooking pot and give it a good stir. Serve with a slice of wholegrain bread.

Slow cooker: on high for 4 hours or low for 6-8 hours.

Oven: add 50ml water to the pot and stir. Oven cook for 25 minutes.

Hob: add 50ml water to the pot and stir. Simmer on a low heat for 35 minutes.





# Store Cupboard Chilli



By Chloe Preece  
from  
Knottingley

 [teampreece](https://www.instagram.com/teampreece)

Swap meat for soya mince or beans and pulses to make meals healthier and more planet-friendly

## Ingredients (serves 4)

- 250g lean beef mince
- 1 x 400g tin of baked beans
- 1 x 400g tin of chopped tomatoes
- 1 x large brown onion
- 1 clove of garlic
- Half teaspoon cumin
- 1 teaspoon paprika
- Tablespoon tomato purée
- Dash of olive oil
- 300g long grain brown or white rice



Uses store cupboard ingredients

This is a quick, easy and child-friendly recipe. The mild flavours and the baked beans (instead of kidney beans) keep it "picky child" friendly, and the tomato sauce from the baked beans helps to thicken the chilli without having to cook it for a long time.

## How to cook

1. Dice the onion and add to a deep frying pan with a dash of olive oil, adding the garlic when the onion becomes translucent, then add the mince and brown.
2. Turn down the heat and add the tomato purée, spices, tomatoes and baked beans, and stir together. Fill one of the tins up halfway with water and add to the pan, then allow to slowly simmer. Stir occasionally and allow the flavours to come together.
3. In the meantime, rinse the rice before putting on to boil, and cook according to the instructions on the packet. (Chloe suggests boiling a full kettle, using the water you need then making a cup of tea with what's left!)
4. By the time the rice is cooked, your chilli will also be ready. Plate up your rice and add your chilli.
5. If you have any leftover chilli, make loaded potato wedges for lunch (roasted potato wedges, topped with chilli and cheese).

# Roasted Sweet Potato, Carrot and Red Onion Soup



## How to cook

1. Chop vegetables (except sweetcorn) into similar sizes and arrange on a large baking tray. Add the garlic cloves, drizzle with olive oil, and season with salt and pepper.
3. Roast the vegetables in the oven on 180°C until they're golden brown (or use an air fryer if you have one).
4. Once your veggies are ready, add them all to a big saucepan (including any lovely juices from the baking tray) and add the stock, coriander and curry powder, and then use a hand blender to blend to your desired consistency.
5. Bring to a simmer and then add the sweetcorn. If you're using frozen sweetcorn, cook for a little longer.
6. Once it's piping hot again, serve with some wholemeal bread or pitta bread (toast in your oven while it's still hot), and a swirl of cream cheese or yoghurt (keep the recipe vegan by adding Alpro yoghurt or vegan cream cheese).

Works with  
any leftover  
vegetables

## Ingredients (serves 4)

- Carrot batons (about two large carrots)
- 1 or 2 sweet potatoes
- 2 red onions, cut into chunks
- 2 courgettes
- 2 cloves of garlic (or more if you wish!)
- 1.5 tbs curry powder
- 1 vegetable stock cube (or chicken stock if you wish) made up as directed
- Handful of fresh coriander
- 1 x tin of sweetcorn (or equivalent of frozen sweetcorn)
- Drizzle of olive oil

“ You really can add any vegetables you wish - courgettes, peppers, sweet potatoes, carrots, beetroot, parsnips, tomatoes all work exceptionally well. If you roast peppers or tomatoes, cut them in half and slide off the skin once they've been roasted, before adding them to your saucepan. Take care not to burn your fingers! ”



# Leek and Potato Soup

Dietitian  
approved



## How to cook

1. Peel and chop potato into small 2cm chunks.
2. Top and tail leeks, discard the outer layer and wash. Slice widthways into 1cm pieces.
3. Wash leek slices and drain well in a colander.
4. Peel and finely chop the onion.
5. Pour 750ml boiling water into a measuring jug, crumble in the stock cube and stir to dissolve.
6. Place the oil in the saucepan and add the onion. Over a low heat, cook the onion gently until it starts to soften (about 5 minutes).
7. Add the leeks and continue cooking gently for a further 5 minutes, stirring occasionally so the leeks don't stick to the bottom of the pan.
8. Add the stock and potatoes, bring to the boil and then reduce the heat to a gentle simmer. Place the lid on the saucepan and simmer for about 15 minutes until the potatoes are soft.
9. Stir in the milk, then ladle a third of the soup into a blender.
10. Holding a tea towel over the lid, blend the soup and pour into a clean mixing bowl.
11. Repeat until all the soup is blended.
12. Add ground black pepper to taste.
13. To serve, return the soup to the saucepan and reheat.
14. Snip the chives, if using, and sprinkle on the surface when soup is ladled into bowls.

Recipes from Let's Get Cooking recommended by Karen Thomas, health improvement specialist at Wakefield Council

## Ingredients (serves 6)

- 1 medium potato (about 250g)
- 3 leeks (about 500g)
- 1 medium onion
- 1 reduced-salt vegetable stock cube
- 750ml boiling water
- 1 x 15ml spoon vegetable oil
- 250ml semi-skimmed or skimmed milk
- Ground black pepper (optional)
- A few chives for garnish (optional)

"Cool any leftover soup quickly then store in a covered container in the fridge for up to 48 hours. Reheat only once, until bubbling hot. To freeze, cool and pour into freezer bags inside a plastic container. Once frozen, the bag can be removed from the box and stored in the fridge for 2 days or in the freezer for up to 6 months. Defrost thoroughly and reheat until bubbling hot."

# Sausage and Bean Hot Pot



## Ingredients (serves 4)

- 8 vegetarian or reduced-fat pork sausages
- 400g can butter beans
- 1 red pepper
- 1 medium onion
- 1 x 15ml spoon vegetable oil
- ¼ x 5ml spoon chilli flakes
- 1 x 5ml spoon fresh OR ½ x 5ml spoon dried rosemary (optional)
- 400g can chopped tomatoes
- 2 x 15ml spoons tomato puree
- 125ml water
- Ground black pepper (optional)

## How to cook

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Twist each sausage in the middle and cut in half with scissors so each sausage makes two. Put the 16 small sausages onto a plate and wash your hands after touching the raw meat.
3. Open the can of butter beans, drain into a colander and rinse under the cold tap.
4. Wash the pepper. Cut the top off, remove the seeds and white pith and cut into 1cm squares.
5. Peel and finely chop the onion.
6. Heat the oil in a large saucepan, frying pan, or heat-resistant casserole dish. Add the sausages and cook for 5 minutes on a medium heat until they are brown.
7. Add the onion and pepper to the pan and cook gently for 5 minutes until the vegetables start to soften.
8. Add the chilli flakes and fresh or dried rosemary. Stir well and cook for 2 minutes.
9. Add the butter beans, tomatoes and water. Bring to the boil and add the tomato puree, stir well and simmer for 5 minutes uncovered.
10. Transfer to a casserole dish (if not already using one). Put the lid on the dish or cover with aluminium foil. Place in the oven on the top shelf for 30 minutes.
11. Add black pepper to taste (if using).

"This recipe is delicious. You can make the whole meal just using the hob or make it in the slow cooker. Add extra veg - whatever is in season or you have to use up. Instead of butter beans you can use other types of canned beans like cannellini, borlotti, black eye or mixed beans. Serve it with bread, pasta, rice or potato."





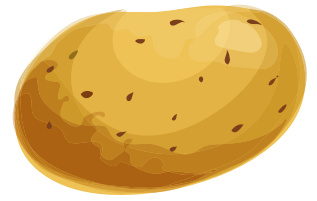
# Tips and tricks with Bear Kitchen



**Ben Atkinson has been a chef for 20 years and is director of Wakefield's award-winning Bear Kitchen. He and his team are committed to stopping food waste and educating people about the benefits of home cooking.**

- Try to increase the number of vegetables you buy and cook with. This will reduce your shopping bill and let you create healthier meals. Try to find a local greengrocer or food waste interception box provider. [Oddbox](#) will deliver and are dedicated to providing awesome fruit and veggies as well as having an environmentally transparent and positive business model.

- Fed up of finding potatoes sprouting? Cook them all at the same time. Use some for that day's meal but then store the others in the fridge for potato salads, stuffed skins and potato curries.



- You'll often find an array of half-prepared vegetables, open packages and cartons in your kitchen. There are so many ways to be creative to use these items. Bolognese, pasta bakes, soups, curries, stir fries and noodle recipes are excellent ways of using those stray veggies.
- Read up on preserving items or simply how to store produce properly to make your food last. For example, placing strawberries in a glass jar in the fridge will keep them fresher for longer. Don't store potatoes and onions together - keep them within sealed tubs as the gases released from onions make potatoes sprout faster.

- Cook in batches or cook larger amounts for the week. Making large quantities of ragu, pie fillings, curry sauces and stocks to store helps you plan and manage your ingredients better, while also giving you awesome home-cooked food. Stocks are a great way to use up trims of vegetables and even a carcass from a roast chicken.



“Think about your food, where it comes from and the time and effort it has taken to be on the shelf. Having a conscious understanding of your food allows you to respect it. If you purchase your food with thought and understanding, and plan your meals, how you store your food, cooking and preparation times, then you should waste less.”



- Try to grow your own foods. Many of us keep potted herbs on the windowsill. Upgrade this and look at other options - tomatoes, peas, beans and salad leaves are great. They really help you lower your waste because you can pick just what you need, when you need it. Look into this as it leads to a whole change in philosophy with food! We have a passion for this at Bear Kitchen. Research permaculture and no-dig planting as ways of maximising your space.
- When buying meat try to find a reputable butcher or even farmer who is able to provide you with whole, half or even part of a beast. If you have the storage space this is a low-cost way of buying meat and allows you to become confident with other cuts.
- Try to buy only non-farmed fish. Farmed fish has a huge environmental impact and is an unsustainable practice.



**Find Bear Kitchen at**  
**[www.bearkitchen.co.uk](http://www.bearkitchen.co.uk)**  
**or 89–91 Westgate End**  
**Wakefield, WF2 9RL.**



# Use less energy cooking

- Batch cook, so you're only using the energy once, and try one pot meals.
- Put lids on pots and pans on the hob.
- Use the right size pan and put it on a ring of the same size.
- Boil just as much water as you need in the kettle and use it for boiling or steaming.
- Use a steamer or colander on top of another pan to cook vegetables.
- Use a microwave for heating suitable food.
- Use a slow cooker, it uses little more energy than a traditional light bulb.
- If you are using your oven, fill it and freeze what you don't need - it's heating up the oven that is expensive.
- Avoid opening the oven door – check food through the glass instead. The oven will keep its temperature for about 10 minutes, so switch it off early when food is nearly ready.



*"Slow cookers cost pennies to run and can be used to cook nearly everything – breads, cakes, puddings, lasagnes, plus all your stews and casseroles. I cook a whole chicken in mine, and they make a great jacket potato. Air fryers are cheaper than an oven for roasties, chips, sausages, pastry etc. The good old-fashioned pressure cooker is a cheap way of cooking too."*

## What else can I do?

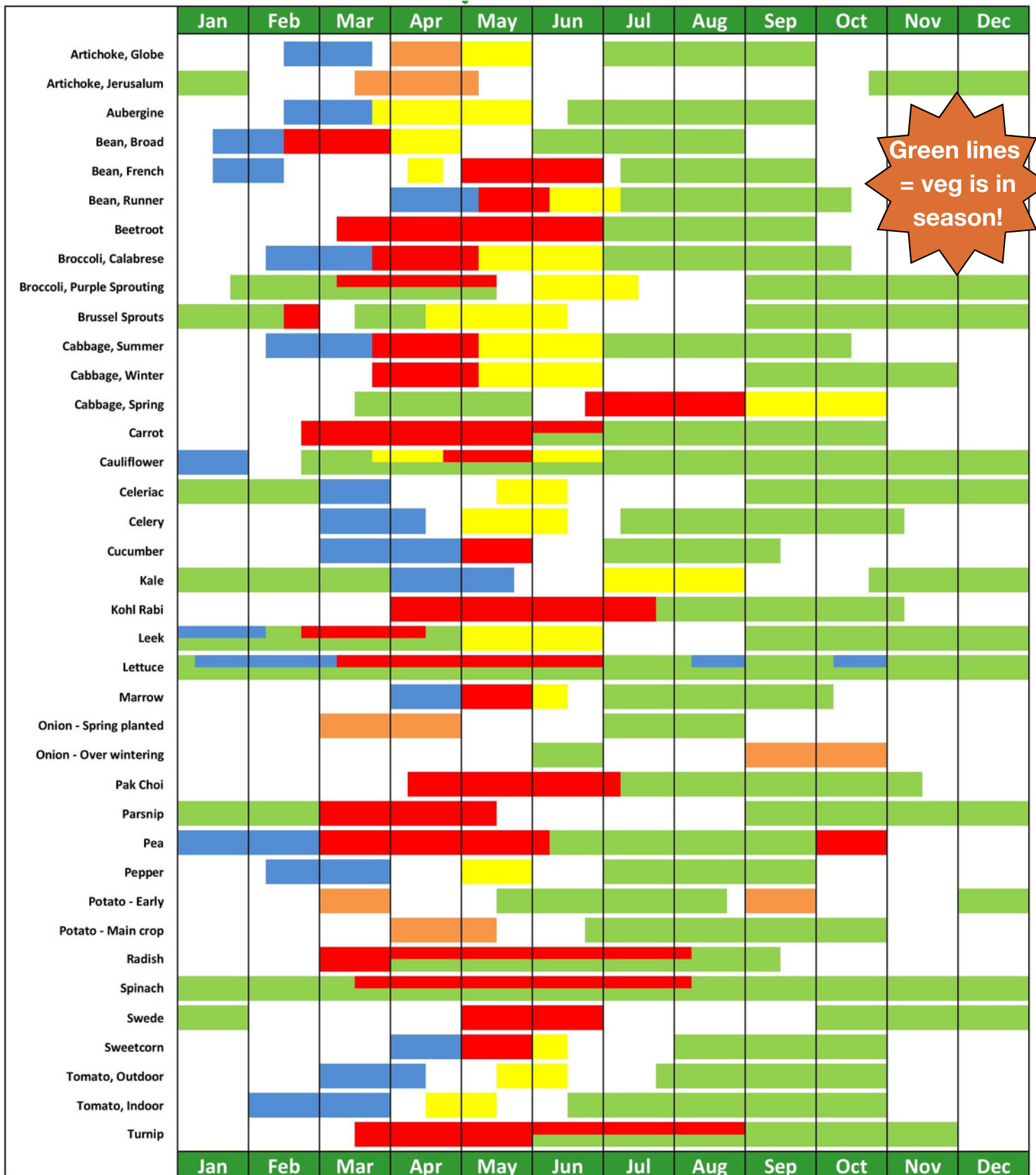
- Shop locally at markets, farms and independents (try Grow Wakefield's [local food directory](#)) and eat seasonally to reduce transport emissions. Grow Wakefield's seasonal planting guide on the next page shows which vegetables are in season when.
- Try to avoid food wrapped in plastic.
- Use reusable bags.
- Make compost for the garden from veg peelings and eggshells.
- Try growing your own in your garden or on your windowsill – see Grow Wakefield's seasonal planting guide.



**Don't cook more than you need - try [Love Food Hate Waste's portion calculator](#).**

# Grow your own GROW WAKEFIELD

Follow [Grow Wakefield's crop planner](#) to get started with growing your own veg, or contact them for hands-on help. They run gardening clubs and mini allotments.



Green lines = veg is in season!

**Planner Key**  
■ Sow indoors or under cover  
■ Sow outdoors  
■ Harvest time  
■ Planting out seedlings  
■ Planting tubers or sets



# More help and advice

## Food banks

Wakefield district has a network of food banks. Phone 0345 8 506 506 for a referral.

## Community pantries

For a small subscription of a few pounds a month, you can get top quality groceries worth much more.

- St Swithuns Community Centre, Eastmoor: 01924 361212
- St Catherine's Church, Belle Vue: 01924 211130
- St George's Community Centre, Lupset: 01924 369631
- Lightwaves Leisure Centre, Wakefield: 01924 360158

## Help at the Hub

Free for all residents in the Wakefield district to access and puts them in touch with organisations who can offer impartial help and advice to anyone worried about money, jobs, housing or health.

- Queens Mill, Castleford: 01977 556741
- St Marys, Pontefract: 01977 705341
- Havercroft and Ryhill Community Learning Centre: 01226 727824
- Kellingley Club, Knottingley: 01977 673115
- St George's, Lupset: 01924 369631
- Eastmoor Community Project: 01924 361212
- Westfield Centre, South Elmsall: 01977 642335
- Lightwaves Leisure and Community Centre: 01924 360158

## Helpful links

- [Wakefield Council Climate Change](#) - find out what the Council is doing to reduce carbon emissions, sign up to our newsletter and get advice on how to reduce your carbon emissions, including recipe ideas that help you reduce food waste.
- [Love Food Hate Waste](#) - for food planning, recipe ideas and good habits to make your food go further.
- [Let's Get Cooking](#) - full of healthy recipes to cook at home.
- [Too Good to Go](#) - download the app and stop good food from businesses going in the bin.
- [Oddbox](#) - boxes of fruit and veg that would have been wasted delivered direct from farmers.
- [Healthy Start Scheme](#) - free fruit and veg if you qualify.
- [BBC Food's family meal plan](#) - recipes costing just £1 per portion.
- [Tesco meal planner](#) - allows you to select budget recipes and seasonal ingredients.