

Chickpea and Tomato Pasta



 Birmingham
City Council

15
mins

Ingredients (All shelf-stable or tinned)

- 200g pasta
- 1 tablespoon olive oil (or any long-life oil)
- 1 tin (400g) chickpeas
- 1 tin (400g) chopped tomatoes
- 1 tin (400g) vegetables
- 1 tablespoon tomato purée (or ketchup)
- 1 teaspoon garlic powder (optional)
- ½ teaspoon any herbs you have to hand (optional)
- Salt and pepper to taste
- 50ml water (or vegetable stock if you have a stock cube)
- Optional: A pinch of dried chilli flakes for heat



Instructions (low-energy cooking)

1. Cook the pasta

boil a **large pot of water** with a pinch of salt. Once boiling, add the pasta. Cook according to the package instructions (usually about **7-10 minutes**). Save some of the pasta water (about ½ cup) before draining it.

2. Heat the sauce

while the pasta is cooking, heat **1 tablespoon of olive oil (or other oil)** in a medium saucepan over **low to medium heat**.

3. Add spices and tomatoes

once the oil is warm, stir in **garlic powder** and **oregano** (optional). Let it cook for about **30 seconds**.

4. Add tinned ingredients

pour in the **chopped tomatoes, chickpeas, tinned vegetables** and **tomato purée (or ketchup)**. Stir everything together.

5. Simmer the sauce

add **50ml of water** (or vegetable stock if available) to the sauce to help it loosen up. Let it simmer gently for **5-7 minutes** on low heat until heated through, and the chickpeas are slightly softened.

6. Combine pasta and sauce

once the pasta is done, drain it, saving a bit of the pasta water. Add the pasta directly into the sauce, stirring well to combine. If the sauce is too thick, add a little of the saved pasta water to reach your desired consistency.

7. Season and serve

taste and adjust with **salt, pepper**, and optional **chilli flakes** for heat.

Key nutritional highlights:

High in protein: chickpeas are an excellent plant-based protein source, making this a great option for vegetarians or anyone looking for a protein-rich meal.

High in fibre: the chickpeas and pasta (particularly wholegrain pasta) both contribute to a high fibre content, which is great for digestion and keeping you full.

Healthy fats: the olive oil provides some nutritious unsaturated fats.



Pantry-Only Bean Chilli



Ingredients (All long-life or tinned)

- 1 tablespoon vegetable oil (or any shelf-stable oil)
- 1 tin (400g) mixed beans (or kidney beans or black beans)
- 1 tin (400g) chopped tomatoes
- 1 tin (400g) baked beans in tomato sauce
- 1 tablespoon tomato purée (or 1 tablespoon ketchup)
- 1 teaspoon chilli powder (optional)
- ½ teaspoon garlic powder (optional)
- ½ teaspoon onion powder (optional)
- 1 teaspoon ground cumin (optional, adds warmth)
- Salt and pepper to taste
- Optional: A splash of water if needed to loosen the mixture



Instructions (low-energy cooking)

1. Preheat pan gently

place a saucepan over **low to medium heat**. Add 1 tablespoon of oil.

2. Toast spices (30 seconds)

add chilli powder, garlic powder, onion powder, and cumin (if using). Stir for **30 seconds** to release the aroma. This step boosts flavour without long cooking.

3. Add the ingredients

pour in:

- o chopped tomatoes
- o mixed beans
- o baked beans (with sauce)
- o tomato purée or ketchup

stir everything together well.

4. Simmer (5–8 minutes)

let the mixture **gently simmer for 5–8 minutes**, just until hot and slightly thickened. If it starts sticking, add a little water.

5. Optional energy saving tip

once it reaches a simmer, **turn off the heat**, cover the pot, and let it sit for **10 minutes**.

6. Season & serve

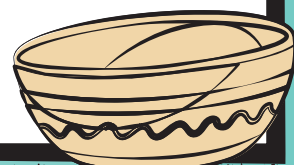
taste and adjust with salt and pepper. Serve hot.

Serving suggestions

- Over instant rice or couscous
- With crackers, wraps, or flatbread
- Topped with dried herbs or chilli flakes

Key nutritional highlights

- **High in protein and fibre:** with chickpeas and pasta, this dish provides a high amount of protein and fibre, helping you feel fuller for longer.
- **Rich in micronutrients:** the dish provides iron and vitamin c from the chickpeas and tomatoes, which help fight off illnesses.



Easy Lentil Curry



Ingredients

- 1 tin (400g) cooked lentils
- 1 jar (400g) of curry sauce
- 1 tin (400g) of mixed vegetables (e.g., peas, carrots, potatoes, or whatever you have)
- 1 tablespoon vegetable oil (or any shelf-stable oil, optional)
- 1 teaspoon ground cumin (optional)
- Salt and pepper, to taste
- Yoghurt for topping (optional)



Instructions (low-energy cooking)

1. Prepare the base:

heat the oil in a **large pan** over **low heat**. If you're using cumin, add it to the oil and cook for 30 seconds to release the flavour. This step is optional but adds extra depth to the curry.

2. Add the curry sauce

pour in the **jar of curry sauce**. Stir it to mix with the oil (and spices, if used). Let the sauce warm through for about 2-3 minutes on low heat.

3. Add tinned veg:

open the **tin of mixed vegetables**, drain them (if needed), and add them to the pan. Stir them into the curry sauce and let everything heat through for about 5-7 minutes, stirring occasionally.

4. Add lentils:

add the **tinned lentils** into the pan with the curry sauce and vegetables. Stir everything together gently.

Simmer on **low heat** for another 10 minutes. The goal here is to heat everything through and let the flavours combine without needing much active cooking. If you want a slightly thicker curry, you can let it simmer uncovered for a few extra minutes.

5. Seasoning:

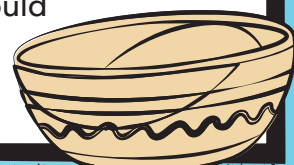
taste the curry and season it with salt and pepper

6. Serve:

serve with rice, bread, or on its own! Top with a dollop of yoghurt for added flavour if desired.

Low-energy tips:

- **Low simmer:** keep the heat low throughout the cooking process to save energy and avoid burning. A low simmer will still allow the curry to develop flavour without requiring high heat.
- **Cover the pan:** if you cover the pan with a lid, it will help retain heat and speed up the cooking process without using high heat.
- **Slow cooker option:** if you want to save energy over a longer period, you can throw everything in a slow cooker and cook on low for 3-4 hours. This would let the flavours combine and require very little active energy use.



Oats with Tinned Fruit Recipe



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10
mins

Ingredients (for 2 servings)

- 1 cup rolled oats
- 2 cups milk (dairy or plant-based milk)
- 1 tin (400g) tinned fruit in syrup or juice (peaches, pears, or mixed fruit work well)
- Optional: 1 tablespoon honey or maple syrup (if you want extra sweetness)
- Pinch of cinnamon (optional, for flavour)



Instructions (low-energy cooking)

1. Prepare the fruit

open the tin of fruit and drain the syrup or juice (you can save the liquid for smoothies or use it as a sweetener in the oats).

2. Cook the oats

in a medium saucepan, add the **oats** and **milk**. Stir well and bring it to a simmer over medium heat.

Cook for about **5-7 minutes**, stirring occasionally until the oats have absorbed most of the milk and have reached a creamy consistency.

3. Add the fruit

while the oats are cooking, chop the **tinned fruit** into bite-sized pieces if needed. Once the oats are cooked, stir in the fruit and its juices or syrup.

Optional: add **cinnamon** (if desired).

4. Serve

once the fruit is heated through, serve the oats in bowls. Enjoy warm!

Serving suggestion

- Add a **sprinkle of nuts** or **seeds** for crunch (optional).

Key nutritional highlights:

- **High in protein:** the oats and milk provide a good amount of protein, especially if using dairy milk.
- **Rich in fibre:** oats and tinned fruit are both great sources of fibre, which helps digestion and keeps you full.
- **Natural sweetness:** the tinned fruit adds natural sweetness without needing extra sugar or sweeteners.

