



# Very Quick Butter Chickpeas (Vegetarian Butter Chicken)

## Ingredients

1 Medium Onion

2 Tablespoon canola oil

1 Teaspoons minced Garlic

**2 Teaspoons curry powder**

**2 Teaspoons garam masala**

**1 Teaspoons ground ginger**

**1 Teaspoons ground cumin**

**300 g condensed tomato soup**

1/2 cup cream

**300 g chickpeas**

200g boiled baby potatoes, cubed

1-2 tablespoon chopped coriander

1/2 teaspoon salt

## Direction

chop the onion very finely while the oil heats in a large pan.

Add the onion and Garlic and cook stirring frequently, until the onion is starting to brown.

Stir in the curry powder and garam masala, ginger and cumin. Continue to cook, stirring frequently, for one to two minutes longer.

Add in the soup, cream, drained chickpeas and potatoes, and leave the sauce to simmer for about five minutes.

Add the chopped coriander and salt to taste.

Serve over steamed basmati rice.

Enjoy!

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# Bean Burritos

## Ingredients

**2 cans (398ml each) kidney beans**  
**1 can (540ml) diced tomatoes**  
**1 tablespoon chilli powder**  
**2 teaspoons garlic powder**  
**1 tablespoon cumin**  
1 cup cheddar cheese  
1 bunch green onions  
10 tortillas

## Directions

1. preheat oven to 350°F

2. In a bowl, add: **kidney beans, rinsed** **2 cans (398ml each)**

Mash well

3. Add:

<b>Tomatoes, diced and drained</b>	<b>1 can (540ml)</b>
<b>Chilli powder</b>	<b>1 tablespoon</b>
<b>Garlic powder</b>	<b>2 teaspoons</b>
<b>Cumin</b>	<b>1 tablespoon</b>

Mix well.

4. Grate:

Cheddar cheese	1 cup
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5. chop:

Green onion	1 bunch
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6. on 10 separate tortillas, add:

Tomato and bean mixture	3 tablespoons
Grated cheddar cheese	sprinkle
Green onions	sprinkle

Roll up each tortilla.

7. Place tortillas on a baking sheet and bake in preheated 350 degrees F oven for 15 minutes.

**Serves 10**



# Cheesy Tuna Bake

1. preheat the oven to 350°in a bowl mix:

2. In a bowl mix:

Cream of mushroom soup	1 can (284ml)
Milk	1 cup
Water	1/2 cup

3. Add:

<b>Pasta (orzo, macaroni, rotini)</b>	<b>1 cup</b>
<b>Tuna (chunk light), drained</b>	<b>1 can (170 g)</b>
<b>Peas and Carrots, drained</b>	<b>1 can (384ml)</b>
Onion, chopped	1/4 cup
<b>Black Pepper</b>	<b>1/2 teaspoon</b>
<b>Paprika</b>	<b>1 teaspoon</b>

4. Grease a square casserole dish with margarine or oil. Pour mixture into dish

5. Sprinkle with:

Cheese, grated	1/2 cup
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6. Bake in the oven for 35 minutes. Let cool for 5 minutes and enjoy!

**Serves 6-8**

Tip:

Health Canada recommends eating 2 serving for fish each wee. You replace canned tuna with canned salmon.



# Chicken & Mushroom Casserole

preheat oven to 350°F

1. In a pot, bring to a boil:  
water 3-1/2 cups
2. Stir in:  
Rice, uncooked 1-1/2  
Onions, diced 1 medium

Bring water to a boil again. Turn heat to very low and cover. Cook for 15-20 minutes. Don't lift cover to peak until time is up.

3. Then add to the pot:  
**Mushroom soup** 1 can (284 ml)  
**Chicken (break into small pieces)** 1 can (184 g)  
**Mixed vegetables, undrained** 1 can (284 ml)  
Salt dash  
Pepper dash

Mix well. Pour mixture into casserole dish and cover with tinfoil. Place in the oven for 30 minutes.

**Serves 6**

Tip:  
Try adding fresh or canned mushrooms.



# Chicken Mushroom Linguini

1. In a pot of boiling water, add:  
uncooked whole wheat linguini 375g

Cook for about 10 minutes or until pasta is tender. Drain and set aside.

2. In another pot, add  
Onion, chopped 1 medium  
Oil 1 teaspoon

Cook until onions are soft. Stir often

3. Add:
- |   |   |
|---|---|
| <b>Cream of mushroom soup (undiluted)</b> | <b>1 can (284 ml)</b>                     |
| <b>Chicken (break into small pieces)</b>  | <b>1 can (184 g)</b>                      |
| <b>Sliced mushrooms, drained</b>          | <b>1 can (284 ml)</b>                     |
| Yogurt (plain)                            | 3/4 cup (175 g)                           |
| <b>Water</b>                              | <b>1/3 cup</b>                            |
| <b>Basil, dried</b>                       | <b>2 teaspoons</b>                        |
| <b>Garlic powder</b>                      | <b>1 teaspoon (or 4 cloves of garlic)</b> |

Stir constantly over medium heat. If you like a thinner sauce, add a little more milk or water.

4. Serve over cooked pasta

Optional: Sprinkle parmesan cheese over pasta and sauce.

**Serves 6**



# Taco Soup

## Ingredients

- 1 pound (.45 kg) ground beef
- 1 Medium Onion
- 4 Cups Water
- 4 teaspoons Chili Powder**
- 2 teaspoons Garlic powder**
- 2 teaspoons cumin**
- 2 teaspoons oregano**
- 1/2 cup uncooked brown rice**
- 1 can (540ml) black beans**
- 1 can (398ml) diced tomato**
- 1 can (341ml) corn niblets**

## Directions

1. In a large pot add:

ground beef	1 pound (0.45kg)
onion	1 medium, chopped

Cook on medium heat until beef is brown and onions are soft. Stir often. Drain off the fat.

2. Add:

<b>Water</b>	<b>4 Cups</b>
<b>Chili powder</b>	<b>4 Teaspoons</b>
<b>Garlic powder</b>	<b>2 teaspoons</b>
<b>Cumin</b>	<b>2 teaspoons</b>
<b>Oregano</b>	<b>2 teaspoons</b>
<b>Brown rice</b>	<b>1/2 cup uncooked</b>

Increase heat to medium-high. Bring to boil. Reduce heat medium-low. Simmer for 30 minutes or until rice is cooked. Stir frequently.

3. Add the remaining ingredients:

<b>Black beans</b>	<b>1 can (540ml)</b>
<b>Diced tomato</b>	<b>1 can (398ml)</b>
<b>Corn niblets</b>	<b>1 can (341ml)</b>

Simmer for 5 minutes.

4. Serve with grated cheese and pita bread.

**Serves 6**



# Vegetarian Chili Over Rice

## Ingredients

3 cups water  
**1-1/2 cups uncooked white rice**  
1 tablespoon oil  
1 small onion  
**1 can (540ml) diced tomatoes**  
**1 can (398ml) kidney beans**  
**1 can (156ml) tomato paste**  
1-1/2 cups water  
**2 teaspoons chili powder**  
**1/3 cups oats**  
**1/2 teaspoon garlic powder (or 2 fresh garlic cloves)**  
**1 can (341 ml) corn**

## Directions

1. In a large pot, bring to a boil:  
water 3 cups

2. Stir in:  
**rice 1-1/2 cups, uncooked**

Bring water to a boil again. Turn heat to very low. Cover. Cook for 15 to 20 minutes. Don't lift cover to peek until time is up. Set aside.

3. In a separate pot, add:  
oil 1 tablespoon  
onion 1 small, chopped

Cook until onions are soft, about 5 minutes.

4. Add:

<b>diced tomatoes</b>	<b>1 can (540ml)</b>
<b>kidney beans</b>	<b>1 can (398ml)</b>
<b>tomato paste</b>	<b>1 can (156ml)</b>
<b>water</b>	<b>1-1/2 cups</b>
<b>Chili Powder</b>	<b>2 Teaspoons</b>
<b>oats</b>	<b>1/3 cups</b>
<b>Garlic powder (or 2 fresh Garlic cloves)</b>	<b>1/2 teaspoon</b>
<b>corn</b>	<b>1 can (341ml)</b>

Simmer until oats are cooked, about 15 to 20 minutes. Stir occasionally. If mixture becomes too thick add a little water.

Place rice on plate and chili on top.

**Serves 6**