



Vegetable Lentil Soup

(Savingmum.com)

Ingredients:

- 1 onion, chopped
- 1 clove crushed garlic
- (Note: a personal favourite addition here is some sauteed mushrooms)
- 1 diced carrot
- 1 diced potato
- 1 diced parsnip
- 1 stick celery, diced
- 125g (2/3 cup) red lentils
- 6 cups chicken stock
- 1T tomato paste
- Pepper
- 3 sprigs parsley, chopped, optional

Method:

Sauté onion and garlic in a large pot with a little water/olive oil until onion is transparent. Add carrot, potato, parsnip and celery and cook for a further 5 minutes. Stir in lentils, stock, tomato paste, and pepper. Bring to the boil. Cover and simmer for 30 minutes, stirring occasionally. When lentils and vegetables are just cooked, stir in parsley.

PS I try to use up any leftover vegies, especially now that vegies are so expensive. Waste not, want not! Frozen vegies are also a good substitute/addition. I will sometimes add frozen sweet corn niblets and some frozen peas. Frozen broccoli pieces are also a lovely addition, heated for a few minutes and stirred through just before serving.

This is a really yummy everyday soup. Lovely rich flavour, especially with homemade stock and the parsnip.



Karin's Spicy Country Chicken

Serves 4/5/6

Ingredients:

Chicken pieces (thigh) approx. 600 - 800g
2T or more Plain Flour
NAS Butter
1 onion finely chopped
1 clove garlic crushed
1 red pepper cored, seeded and chopped finely
2t NAS curry powder
1t chopped thyme
1 x 425g can NAS tomatoes
2T sweet vermouth
Pepper
Raisins

Method:

Put Flour in a plastic bag. Place chicken inside and shake to coat.
Melt butter and fry chicken briskly until golden. Remove and set aside.
Add onion, garlic and capsicum, curry powder and thyme. Stir fry for 5 minutes.
Add the tomatoes and their juice and the vermouth. Return the chicken to the pan, add pepper and raisins.
Cook until chicken is tender.

Serve with rice or jacket potatoes.



Apple Crumble

Base recipe:

800g apples, peeled, cored and sliced.

Add a little sugar to sweeten (or maple syrup)

Place in a greased casserole dish.

Top with the crumble mix and cook in oven at 180 degrees Celsius until apple is cooked and topping is browned. (Alternatively, you can parcook the apples in the microwave before placing in the oven)

Crumble recipe:

Combine:

1 cup plain flour

$\frac{3}{4}$ cup brown sugar

$\frac{3}{4}$ cup rolled oats

$\frac{3}{4}$ cup coconut

1T ground cinnamon

2t ground nutmeg

Stir through:

$\frac{2}{3}$ cup melted butter

2t vanilla essence

Blueberry and Apple Crumble

800g apples, peeled, cored and sliced

1-1 $\frac{1}{2}$ cups blueberries (frozen are ok)

1T caster sugar or maple syrup

1 cup rolled oats

$\frac{1}{4}$ cup flaked almonds

1t cinnamon

30gm butter

Preheat oven to 180'C.

Combine fruit and sugar or maple syrup and spoon into a 4 cup capacity casserole dish.

Combine oats, almonds, maple syrup or sugar and butter and sprinkle over fruit mixture.

Bake for 30/40 minutes in a preheated oven.