

from the store cupboard

RECIPES TO SAVE YOU MONEY

Bean Chilli with Rice



Food Labelling...

EU Label values per 100g

Serves 10

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	361 kJ	4%	448 kJ	5%
Energy(kcal)	85 kcal	4%	106 kcal	5%
Fat	0.5 g	1%	0.5 g	1%
of which saturates	0 g	0%	0 g	0%
Carbohydrate	17 g	7%	21 g	8%
of which sugars	1.4 g	2%	1.8 g	2%
Fibre	1.6 g	6%	2 g	8%
Protein	2.9 g	6%	3.6 g	7%
Salt	0.11 g	2%	0.14 g	2%
HFSS Rating	-1	points		

MAY CONTAIN:



WHEAT

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Nutrient Breakdown per 100g...

	Energy	Lipid Components	Vitamins
Energy(kcal) 4% RI	82kcal	Saturated Fat 0% RI	Vitamin A (ret eq) -
Energy(Kj) 4% RI	348kJ	Monounsaturated fat	Retinol -
		cis-Mono	Carotene -
		Polyunsaturated fat	Vitamin D -
Carbohydrate 6%	16.9g	Omega3(n-3)	Vitamin E -
	2.9g	Omega6(n-6)	Vitamin K 1 -
RI	0.3273g	cis-Poly	Thiamin (B1) -
Protein 6% RI	77g	Trans-fatty acids	Riboflavin (B2) -
Fat 0% RI	0g	Cholesterol	Niacin total (B3) -
Water	-		Niacin -
Water from Drinks	Carbohydrate	Minerals & trace elements	Tryptophan -
Alcohol	15.4g	Sodium 2% RI	Pantothenic Acid (B5) -
	-	Potassium	Vitamin B 6 -
Starch	1.6g	Chloride 10% RI	Folates (B9) Total 0ug
Oligosaccharide	1.3g	Calcium	Vitamin B 12 -
Fibre 7% RI	1.4g	Phosphorus	Biotin (B7) -
NSP	-	Magnesium	Vitamin C -
Sugars 2% RI	-	Iron	
Glucose	-	Zinc	
Galactose	-	Copper	
Fructose	-	Manganese	
Sucrose	-	Selenium	
Maltose	-	Iodine	
Lactose	-		
			Other
			GI (estimated) 0
			GL -
			Caffeine -

Recipe Ingredients ...	Quantity:	Description:	Cost:
28758 - 28758 Brakes Reduced Salt & Sugar Baked Beans in Tomato Sauce (24 May 2023) - BRAKES	110g	0.04x Each	GBP0.21
1050 - 1050 Brakes Cannellini Beans in Water (24 May 2023) - BRAKES	70g	0.09x Each	GBP0.28
10143 - 10143 Brakes Red Kidney Beans in Water (24 May 2023) - BRAKES	70g	0.09x Each	GBP0.24
111313 Riverdene Roasted Red Peppers	70g	0.18x Each	GBP0.16
19839 - 19839 Brakes Chopped Tomatoes in Tomato Juice - BRAKES	230g	0.29x Each	GBP0.76
134289 - 134289 Sysco Classic Smoked Paprika - BRAKES	5g	0.01x Each	GBP0.04
34002 - 34002 Brakes Ground Cumin - BRAKES	5g	0.01x Each	GBP0.07
28326 - 28326 Brakes Tomato Paste - BRAKES	15g	0.02x Each	GBP0.08
33601 - 33601 Sysco Classic Mild Chilli Powder - BRAKES	5g	0.01x Each	GBP0.08
1 - 1 Tap Water (for VC recipes) - BRAKES	460g	0.46x Each	GBP0.00
34026 - 34026 Brakes Easy Cook Long Grain Rice - BRAKES	200g	0.01x Each	0.00

TOTAL COST: **GBP1.93**

Cooking Instructions & Notes

Preparation

Drain the cannellini, kidney beans & peppers

Slice the peppers

Wash the rice under cold running water

Method

Place all ingredients (except the rice) in a large saucepan & combine well, add 60ml water. Bring to a simmer & cook for approximately 15-20 minutes

Place the rice in a pan with 550ml boiling water cover with a lid & cook for approximately 11 minutes.

Remove from the heat & keep the lid on the pan for 8 minutes. Stir using a fork

Service

Serve the chilli & rice, add tortilla chips and dips if desired

Enchilada



Food Labelling...

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	545 kJ	6%	393 kJ	5%
Energy(kcal)	129 kcal	6%	93 kcal	5%
Fat	2.9 g	4%	2.1 g	3%
of which saturates	1.4 g	7%	1 g	5%
Carbohydrate	21 g	8%	15 g	6%
of which sugars	2.7 g	3%	2 g	2%
Fibre	2 g	8%	1.5 g	6%
Protein	4.2 g	9%	3 g	6%
Salt	0.51 g		0.37 g	
HFSS Rating	-1 points			

CONTAINS:



WHEAT

MILK

Nutrient Breakdown per 100g...

	Energy	Lipid Components	Vitamins
Energy(kcal) 6% RI	125kcal	Saturated Fat 7% RI	Vitamin A (ret eq) -
Energy(Kj) 6% RI	529kJ	Monounsaturated fat	Retinol -
	Macronutrients	cis-Mono	Carotene -
Carbohydrate 8%	20.6g	Polyunsaturated fat	Vitamin D -
RI	4.2g	Omega3(n-3)	Vitamin E -
Protein 8% RI	2.9g	Omega6(n-6)	Vitamin K 1 -
Fat 4% RI	69g	cis-Poly	Thiamin (B1) -
Water	0g	Trans-fatty acids	Riboflavin (B2) -
Water from Drinks	Carbohydrate	Cholesterol	Niacin total (B3) -
Alcohol	17.9g		Niacin -
Starch	2g	Sodium 8% RI	Tryptophan -
Oligosaccharide	1.5g	Potassium	Pantothenic Acid (B5) -
Fibre 8% RI	2.7g	Chloride 39% RI	Vitamin B 6 -
NSP	-	Calcium	Folates (B9) Total 0ug
Sugars 3% RI	-	Phosphorus	Vitamin B 12 -
Glucose	-	Magnesium	Biotin (B7) -
Galactose	-	Iron	Vitamin C -
Fructose	-	Zinc	
Sucrose	-	Copper	
Maltose	-	Manganese	
Lactose	-	Selenium	
		Iodine	
			Other
			GI (estimated) 0
			GL -
			Caffeine -

Recipe Ingredients ...	Quantity:	Description:	Cost:
28758 - 28758 Brakes Reduced Salt & Sugar Baked Beans in Tomato Sauce (24 May 2023) - BRAKES	55g	0.02x Each	GBP0.11
1050 - 1050 Brakes Cannellini Beans in Water (24 May 2023) - BRAKES	35g	0.04x Each	GBP0.14
10143 - 10143 Brakes Red Kidney Beans in Water (24 May 2023) - BRAKES	35g	0.04x Each	GBP0.12
19839 - 19839 Brakes Chopped Tomatoes in Tomato Juice - BRAKES	115g	0.14x Each	GBP0.38
111313 - 111313 Riverdene Roasted Red Peppers - BRAKES	35g	0.01x Each	GBP0.08
34002 - 34002 Brakes Ground Cumin - BRAKES	3g	0.01x Each	GBP0.04
33601 - 33601 Sysco Classic Mild Chilli Powder - BRAKES	3g	0.01x Each	GBP0.05
28326 - 28326 Brakes Tomato Paste - BRAKES	8g	0.01x Each	GBP0.04
111263 - 111263 La Boulangerie 8" Tortilla Wraps (24 May 2023) - BRAKES	200g	5x Each	GBP0.63
29604 - 29604 Brakes Béchamel Sauce Mix (24 May 2023) - BRAKES	32g	0.02x Each	GBP0.30
1 - 1 Tap Water (for VC recipes) - BRAKES	200g	0.2x Each	GBP0.00

TOTAL COST: **GBP1.90**

Cooking Instructions & Notes

Preparation

Drain the cannellini, kidney beans & peppers

Slice the peppers

Pre heat the oven to 180°c

Method

Place all ingredients in a large saucepan & combine well, add 60ml water. Bring to a simmer & cook for approximately 15-20 minutes

Make up the sauce as per guidelines

Take the wraps spoon over the chilli mix, fold & roll the wrap, place in an ovenproof dish & pour over the sauce Bake in the oven for approximately 30 minutes

Service

Cut the wrap in half the wrap & serve with vegetables or salad

If desired scatter over a little cheese before baking in the oven

Sweetcorn & Pearl Barley Chowder



Food Labelling...

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	157 kJ	2%	321 kJ	4%
Energy(kcal)	37 kcal	2%	76 kcal	4%
Fat	0.7 g	1%	1.4 g	2%
<i>of which saturates</i>	0.1 g	1%	0.3 g	2%
Carbohydrate	6.6 g	3%	14 g	5%
<i>of which sugars</i>	1 g	2%	2 g	2%
Fibre	0.6 g	2%	1.2 g	4%
Protein	0.9 g	8%	1.8 g	15%
Salt	0.45 g	points	0.91 g	

CONTAINS:



BARLEY



MILK



SULPHITES

1

Recipe Ingredients ...	Quantity:	Description:	Cost:
127124 - 127124 Brakes Sweetcorn in Water - BRAKES	260g	0.76x Each	GBP1.51
100445 - 100445 Brakes Vegetable Flavour Bouillon Paste -	35g	0.04x Each	GBP0.45
BRAKES 1 - 1 Tap Water (for VC recipes) - BRAKES	1.5kg	1.5x Each	GBP0.00
562 - 562 Brakes Pearl barley - BRAKES	60g	0.02x Each	GBP0.17
134644 - 134644 Cooks & Co Garlic Puree - BRAKES	15g	0.15x Each	GBP0.09
33595 - 33595 Sysco Classic Thyme (22 Jul 2023) - BRAKES	3g	0.75x Average Portion	GBP0.08
111313 - 111313 Riverdene Roasted Red Peppers - BRAKES	125g	0.05x Each	GBP0.29
2361 - 2361 Brakes Complete Mashed Potato Mix - BRAKES	40g	0.02x Each	GBP0.41

TOTAL COST: **GBP3.01**

Cooking Instructions & Notes

Preparation

Drain & rinse the sweetcorn

Make up the stock as per guidelines

Rinse the pearl barley under cold running water

Drain, rinse & slice the peppers

Method

In a large sauce pan place the sweetcorn, stock, pearl barely & garlic, bring to a gentle simmer for approximately 20 minutes

Add the peppers & herbs

Using a fork gradually stir in the mashed potato, simmer for 2-3 minutes, season with pepper

Service

Serve in warm bowls with chunks of freshly baked bread

Apple & Cinnamon Rice Pudding



Food Labelling...

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	317 kJ	4%	563 kJ	7%
Energy(kcal)	75 kcal	4%	133 kcal	7%
Fat	1.2 g	2%	2.2 g	3%
of which saturates	0.7 g	4%	1.3 g	7%
Carbohydrate	13 g	5%	23 g	9%
of which sugars	6.5 g	7%	11 g	12%
Fibre	0.5 g	2%	0.8 g	3%
Protein	3.1 g	6%	5.5 g	11%
Salt	0.09 g	2%	0.16 g	3%
HFSS Rating	0.09		0.16	

CONTAINS:



MILK

Nutrient Breakdown per 100g...

	Energy	Lipid Components	Vitamins
Energy(kcal) 4% RI	73kcal	Saturated Fat 4% RI	Vitamin A (ret eq) 0% RI
Energy(Kj) 4% RI	311kJ	Monounsaturated fat 0%	Retinol 0ug
		RI cis-Mono -	Carotene 2.4ug
		Polyunsaturated fat 0% RI	Vitamin D 0ug
		Omega3(n-3) -	Vitamin E 0% RI
		Omega6(n-6) -	Vitamin K 1 1% RI
		cis-Poly -	Thiamin (B1) 1% RI
		Trans-fatty acids 0g	Riboflavin (B2) 0% RI
		Cholesterol 0mg	Niacin total (B3) 0% RI
			Niacin 0% RI
			Tryptophan 0.0101mg
			Pantothenic Acid (B5) 0% RI
			Vitamin B 6 1% RI
			Folates (B9) Total 0% RI
			Vitamin B 12 0ug
			Biotin (B7) 0% RI
			Vitamin C 1% RI
			Other
			GI (estimated) 4.2

Recipe Ingredients ...	Quantity:	Description:	Cost:
19665 - 19665 Lakeland Long Life UHT Semi-Skimmed Milk 1 Litre - BRAKES	1.3kg	1.3x Each	GBP1.92
544 - 544 Brakes Short Grain Pudding Rice - BRAKES	130g	0.04x Each	GBP0.47
350098 - 350098 Tate & Lyle Caster Sugar 2kg - BRAKES	30g	0.02x Each	0.00
86874 - 86874 Preema Vanilla Essence 500ml - BRAKES	10g	0.02x Each	GBP0.12
5552 - 5552 Brakes Solid Pack Apple - BRAKES	300g	2.33x Average Portion	0.00
33581 - 33581 Sysco Classic Ground Cassia Cinnamon (22 Jul 2023) - BRAKES	4g	0.01x Each	GBP0.04

TOTAL COST: **GBP2.55**

Cooking Instructions & Notes

Method

Place the milk & rice in a pan, cook on the lowest heat & stir frequently. Cooking for approximately 35 minutes. Remove from the heat, stir in the sugar & place a lid on top, allow to stand for 10 minutes

Service

Place in dishes with the apple & add a pinch of cinnamon

Asian Tofu Chunks with Stir Fried Mushrooms & Rice Noodles



Food Labelling...

EU Label values per 100g

Serves 10

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	296 kJ	4%	443 kJ	5%
Energy(kcal)	71 kcal	4%	105 kcal	5%
Fat	1.9 g	3%	2.8 g	4%
of which saturates	0.3 g	2%	0.5 g	3%
Carbohydrate	7.9 g	3%	12 g	5%
of which sugars	1.3 g	1%	1.9 g	2%
Fibre	2.1 g	8%	3.1 g	12%
Protein	4.5 g	9%	6.7 g	13%
Salt	0.18 g	3%	0.26 g	4%
HFSS Rating	-9 points			

CONTAINS:



SOYA

Nutrient Breakdown per 100g...

	Energy	Lipid Components	Vitamins
Energy(kcal) 3% RI	66kcal	Saturated Fat 2% RI	Vitamin A (ret eq) 0% RI
Energy(Kj) 3% RI	280kJ	Monounsaturated fat 0% RI	0.59ug
		cis-Mono	Retinol
		Polyunsaturated fat 0% RI	0ug
		Omega3(n-3) 0% RI	Carotene
		Omega6(n-6) 0% RI	Vitamin D
		cis-Poly	Vitamin E 0% RI
		Trans-fatty acids	Vitamin K 1 2% RI
		Cholesterol	Thiamin (B1) 0% RI
			Riboflavin (B2) 0% RI
			Niacin total (B3) 1% RI
			Niacin 0% RI
			Tryptophan
			1.4mg
			Pantothenic Acid (B5) 0% RI
			0.0168mg
			Vitamin B 6 1% RI
			0.0079mg
			Folates (B9) Total
			0ug
			Vitamin B 12
			0ug
			Biotin (B7)
			-
			Vitamin C 0% RI
			0.1292mg
			Other
			GI (estimated)
			2

Recipe Ingredients ...	Quantity:	Description:	Cost:
127135 - 127135 Blue Dragon Extra Firm Silken Tofu 349g - BRAKES	700g	2.01x Each	GBP3.22
5946 - 5946 Brakes Cornflour - BRAKES	40g	0.03x Each	GBP0.13
131459 - 131459 KTC Sonneveld Divider Spray Can - BRAKES	3g	0.01x Each	GBP0.03
29087 - 29087 Brakes Chinese Five Spice - BRAKES	40g	0.11x Each	GBP0.82
350094 - 350094 Brakes Sunflower Oil - BRAKES	6g	(auto-calculated)	GBP0.07
2341 - 2341 Brakes Button Mushrooms in Water - BRAKES	600g	0.2x Each	GBP2.55
128315 - 128315 Flat Rice Noodles - BRAKES	40g	0.4x Each	GBP0.21
134644 - 134644 Cooks & Co Garlic Puree - BRAKES	15g	0.15x Each	GBP0.09
86972 - 86972 Pan Asia Sweet Chilli Dipping Sauce 1L - BRAKES	50g		GBP0.14

TOTAL COST: **GBP7.26** TOTAL WASTE: **GBP0.05**

Cooking Instructions & Notes

Preparation

Remove the tofu from the packaging, pat dry & cut into chunks

Combine the corn flour & spice, coat the tofu in the mix

Place on a lined baking tray & spray with oil

Pre heat the oven to 180'c

Drain the mushrooms

Place the noodles in a bowl & pour over boiling water, stand for 2-3 minutes, drain & refresh

Method

Bake the tofu for 15 minutes

Heat the oil in a wok, stir fry the mushrooms for approximately 4-5 minutes, stir in the garlic, add the noodles & chilli sauce.

Combine well using tongs, cooking for 2-3 minutes

Service

Serve the noodles in a bowl & top with the tofu chunks

Product Description	Quantity:	Description:	Cost:
28758 - 28758 Brakes Reduced Salt & Sugar Baked Beans in Tomato Sauce (24 May 2023) - BRAKES	110g	0.04x Each	GBP0.21
1050 - 1050 Brakes Cannellini Beans in Water (24 May 2023) - BRAKES	70g	0.09x Each	GBP0.28
10143 - 10143 Brakes Red Kidney Beans in Water (24 May 2023) - BRAKES	70g	0.09x Each	GBP0.24
111313 - 111313 Riverdene Roasted Red Peppers - BRAKES	70g	0.03x Each	GBP0.16
19839 - 19839 Brakes Chopped Tomatoes in Tomato Juice - BRAKES	230g	0.29x Each	GBP0.76
134289 - 134289 Sysco Classic Smoked Paprika - BRAKES	5g	0.01x Each	GBP0.04
34002 - 34002 Brakes Ground Cumin - BRAKES	5g	0.01x Each	GBP0.07
28326 - 28326 Brakes Tomato Paste - BRAKES	15g	0.02x Each	GBP0.08
33601 - 33601 Sysco Classic Mild Chilli Powder - BRAKES	5g	0.01x Each	GBP0.08
35379 - 35379 Brakes Tortilla Corn Chips - BRAKES	300g	0.63x Each	GBP1.38
135336 - 135336 Sysco Classic Sour Cream (24 May 2023) - BRAKES	120g	1.2x Each	GBP0.59
TOTAL COST:			GBP3.90

Cooking Instructions & Notes

Preparation

- Drain the cannellini, kidney beans & peppers
- Slice the peppers

Method

- Place all ingredients (except the rice) in a large saucepan & combine well, add 60ml water. Bring to a simmer & cook for approximately 15-20 minutes
- Warm the tortilla chips in a pre heated oven at 170'c for 3-4 minutes

Service

- Place the chips in a dish, spoon over the chilli & add the sour cream

BBQ Hot Dog Pasta Bake



Food Labelling...

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	404 kJ	5%	929 kJ	11%
Energy(kcal)	96 kcal	5%	220 kcal	11%
Fat	1.9 g	3%	4.4 g	6%
of which saturates	0.6 g	3%	1.3 g	7%
Carbohydrate	15 g	6%	34 g	13%
of which sugars	4.2 g	5%	9.6 g	12%
Fibre	1.3 g	9%	2.9 g	20%
Protein	4.3 g	7%	9.9 g	15%
Salt	0.39 g	points	0.89 g	
HFSS Rating	-1			

CONTAINS:



WHEAT
,
BARLE
Y



CELERY



SOYA

MAY CONTAIN:



PEANUTS

Nutrient Breakdown per 100g...

	Energy	Lipid Components	Vitamins
Energy(kcal) 5% RI	93kcal	Saturated Fat 3% RI	Vitamin A (ret eq) -
Energy(Kj) 5% RI	394kJ	Monounsaturated fat	Retinol -
		cis-Mono	Carotene -
		Polyunsaturated fat	Vitamin D -
		Omega3(n-3)	Vitamin E -
		Omega6(n-6)	Vitamin K 1 -
		cis-Poly	Thiamin (B1) -
		Trans-fatty acids	Riboflavin (B2) -
		Cholesterol	Niacin total (B3) -
			Niacin -
			Tryptophan -
			Pantothenic Acid (B5) -
			Vitamin B 6 -
			Folates (B9) Total 0ug
			Vitamin B 12 -
			Biotin (B7) -
			Vitamin C -
			Other
			GI (estimated) 0

Recipe Ingredients ...	Quantity:	Description:	Cost:
111578 - 111578 Triple Lion Wholemeal Penne Pasta - BRAKES	280g	0.09x Each	GBP0.79
19 - 19 Westlars Premium Range Super Size Hot Dogs (5¼") - BRAKES	400g	5.26x Each	GBP3.03
127124 - 127124 Brakes Sweetcorn in Water - BRAKES	160g	0.47x Each	GBP0.93
19839 - 19839 Brakes Chopped Tomatoes in Tomato Juice - BRAKES	1.3kg	1.63x Each	GBP4.27
100395 - 100395 Brakes Barbecue Sauce - BRAKES	160g	0.07x Each	GBP0.61
TOTAL COST:			GBP9.63

Cooking Instructions & Notes

Preparation

- Slice the hot dogs
- Drain the sweetcorn
- Pre heat the oven to 180'c

Method

- Bring a pan of water to the boil, cook the pasta for approximately 10 minutes, drain & transfer to an ovenproof dish
- Stir in the hot dogs, tomatoes, barbecue sauce & sweetcorn
- Place in the oven for approximately 20 minutes
- If desired drizzle with American mustard & garnish with crispy onions