

VEGAN MEALS FOR £1

Lentil and Mushroom Bolognese

Serves: 4

Approx. cost per portion: 47p

Ingredients

- 2 tbsp oil
- 400g lentils (dried)
- 250g mushrooms (chopped into small pieces)
- 1 onion (peeled and sliced)
- 2 garlic cloves (peeled and crushed)
- 1 tsp basil (fresh or dried)
- 1 tsp oregano (fresh or dried)
- 400g can of chopped tomatoes
- Optional additional vegetables, such as sweetcorn, carrots or courgettes.



Method

1. Heat the oil in a large saucepan and fry the onion and garlic until brown.
2. Add the mushrooms and any additional vegetables, and fry for a further 5 minutes.
3. Add the lentils, can of chopped tomatoes and top up with about 150ml of water.
4. Stir occasionally as the lentils absorb the water and add the basil, oregano and salt and pepper to taste.
5. Keep cooking and stirring, adding more water if the vegetables start to stick, until the lentils are fully cooked.
6. Serve!

For more vegan recipes, visit:
www.animalaid.org.uk/veganrecipes



VEGAN MEALS FOR £1

Mixed Bean Chilli

Serves: 2-3

Approx. cost per portion: 76p

Ingredients

- 1 tin of chopped tomatoes
- 1 tin of mixed beans (drained)
- 1 medium onions (chopped)
- 2 cloves of garlic (chopped)
- 3 tsp vegan gravy granules
- Generous pinch of salt & pepper
- 1 red pepper (chopped)
- 1 tsp chilli powder
- 1 tsp ground cumin



Method

- 1) Add 1 tbsp oil to a frying pan on a medium heat. Fry the onion, garlic and pepper for 3-4 minutes to soften.
- 2) Add the tomatoes, beans, chilli, cumin, salt & pepper. Mix together and bring to a simmer.
- 3) Add the gravy granules and stir in. Simmer for 10 minutes, stirring occasionally.
- 4) Serve!



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