

WAYS WITH TINNED BEANS

Varieties of tinned beans

Borlotti, Black, Cannellini, Flageolet, Kidney, Chickpeas

To add flavour

Salt and pepper, dash vinegar, garlic, herbs, chilli, paprika, tomato puree, Worcestershire sauce.

Beany hotpot

Chop an onion, and any leftover vegetables. Fry the onion, add garlic if liked. Add the vegetables and beans and any flavourings. Put in casserole dish and pour over stock. Slice potatoes into rounds and layer on top. Cook in the oven 180°C gas 4 for about 40 minutes.

To vary, layer the beans and vegetables, add tinned tomatoes, or top with mash.

Vegetable stew with beans

Finely chop an onion, carrots, celery. Add pinch chilli powder and cook, partially covered, in oil for about 15 minutes. Add a tin of chopped tomatoes and simmer for a few minutes. Add the beans. Add stock to cover. Add finely sliced cabbage. Add salt and pepper. Cover and simmer for 30 minutes.

Casserole with sausages

Chop an onion and fry it with a pinch chilli powder and sausages until the sausages are brown. Place in a casserole dish and add beans and Worcestershire sauce, if you have any. Add chopped tomatoes or a tin of chopped tomatoes if liked. Add stock. Stir well. Cover and cook for 30-40 minutes.

Chicken with beans

Rub salt and pepper into chicken breasts and brown both sides in oil. Add beans. Add stock, and lemon juice if you have it. Bring to the boil, cover and simmer for 10-15 minutes, making sure the chicken does not dry out.

Sardines with beans

Chop an onion and fry gently until soft. Chop tomatoes and add. Add the sardines, breaking them up as you go. Add the beans. Add salt and pepper. Warm through.

Curried beans

Finely chop an onion and a carrot and fry gently until starting to soften. Add garlic and curry powder. Cook for 2 minutes. Add half a large tin of chopped tomatoes and $\frac{1}{2}$ a pint of stock. Bring to the boil, then simmer gently for 10 minutes. Add the beans and cook for another 5 minutes.

Beany salad

Finely chop any vegetables in season which can be eaten raw, such as tomatoes, onions, spring onions, celery, cucumber. Add to beans. For protein add bacon chopped and fried, sardines, tuna. Add seasoning and salad dressing.

WAYS WITH TINNED TUNA

Tuna cakes

Mash some potato. Flake the tuna and add, with some lemon juice, salt and pepper. Form into cakes and fry. Experiment with flavours such as curry or chilli powder or paprika.

Beany tuna

Gently fry an onion until soft. Add a crushed clove garlic, if liked. Add the tuna, tinned tomatoes, pinch sugar, salt and pepper. Drain a tin of butter beans and add. Stir gently and simmer for 5 minutes.

Tuna and bean stew

Into a saucepan put a tin of chopped tomatoes, a tin of mixed beans, a tin of tuna. Stir in salt and pepper. Add flavourings such as garlic, chilli powder, a little vinegar +sugar. Bring to the boil and simmer for 4 minutes.

Tuna kedgeree

Boil some rice. Gently fry an onion. Add chopped tomatoes and mushrooms and cook for a few minutes. Stir in the tuna and salt and pepper. Stir in the rice and warm through.

Tuna pasta bake

Cook some short pasta, drain. Fry an onion gently. Add garlic and chilli flakes. Add a crushed clove of garlic (or some garlic powder) and chilli flakes, and cook for 3 minutes. Add a tin of chopped tomatoes and half a tin of water, simmer for 10 minutes. Add salt and pepper. Stir in a tin tuna (with some chopped rosemary if liked) and the pasta. Tip into a baking dish. Scatter over some grated cheese. Bake for 20-25 minutes at 190°C, gas 5.

Tuna pasta salad

Boil some short pasta, drain. Mix together a tin of tuna and a tin of sweetcorn. Chop an onion finely and stir in. Chop some lettuce leaves and add. Quarter some tomatoes and add. Add the pasta. Stir in some salt and pepper and some lemon juice.

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Jacket potato filling

Mix together a tin tuna, a small onion finely chopped, chopped onion, a little black pepper. If liked, add sweetcorn, stir in some cream cheese or cottage cheese.

WAYS WITH CORNED BEEF

Corned beef hash

Dice six large potatoes and the corned beef and chop an onion. Put these in a casserole dish and add ½ pint beef stock. Cover and simmer until the potatoes are soft and the liquid is almost gone. Mash well.

Hotpot

Slice the corned beef and layer with slices of onion and tinned tomatoes. Add stock. Top with slices of potato. Bake in the oven for about 45 minutes at 180°C gas 4.

Shepherd's pie

Boil potatoes and mash with milk and butter. Fry an onion and dice the corned beef. Mix these together and add ¼ pint beef stock. Mash. Put a layer of peas or other small vegetable such as sweetcorn or diced carrot in the bottom of the dish. Add the corned beef mixture. Smooth the mashed potato on top. Sprinkle some grated cheese on top. Grill until the cheese is golden brown.

Fritters

Boil potatoes and mash with a beaten egg (and milk or butter if necessary) and some salt and pepper. Boil mixed vegetables (e.g. peas, chopped carrot, chopped celery, chopped cabbage, sweetcorn etc) for 2-3 minutes. Chop an onion and fry. Dice the corned beef. Mix the vegetables, onion and corned beef together and stir this into the mashed potato. Shape the mixture into cakes and fry.

Stew

Put 1 pint water on to boil, then chop up vegetables (such as carrots, celery, onion, potatoes and anything else you like), adding them to the saucepan as you go. Bring the water back to the boil, cube the corned beef and add. Simmer until the corned beef has broken up. Check the taste and add flavourings such as salt and pepper, paprika or chilli powder, herbs.

Caribbean style

Chop up a tomato, onion, red pepper, spring onion (and any other vegetables you like). Break up the corned beef in a frying pan over a moderate heat. Add some black pepper and tomato ketchup. Add the vegetables. Reduce the heat and stir constantly for about 5 minutes. Serve with rice.

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IDEAS FOR SPAM

Spam fried rice

Cook rice. Fry beaten egg in oil. Add chopped spam. Add small vegetables e.g. corn, peas, chopped carrots, chopped spring onions. Add cooked rice. Add flavour such as garlic, Worcestershire sauce, pepper. Warm through.

Spam scrambled eggs

Melt a little butter. Add eggs and stir. Add chopped spam. Add pepper. Sprinkle with cheese if liked.

Spam kebab

Alternate cubed spam and a choice of small mushrooms, tomatoes, green or red pepper pieces or pineapple cubes on kebab skewers. Drizzle with oil. Grill or barbecue.

Potato and spam pie

Make a white sauce (milk and cornflour, salt and pepper, brought to the boil) and add chopped onion and parsley (or use a packet). Boil the potatoes and slice into thick rounds. Slice the spam thinly. Arrange the potatoes and spam in layers. Pour over the white sauce. Top with crumbs (bread, Weetabix, cracker) or grated cheese. Bake in oven at 190°C or gas 5 for 30 minutes.

Spam and egg pie

In a baking dish combine chopped spam, beaten eggs, crumbs (bread, Weetabix, cracker), milk and grated cheese. Sprinkle more grated cheese on top. Bake uncovered at 190°C gas mark 5 for 30 minutes.

Pasta and spam

Cook pasta. Fry cubed spam, chopped onion and garlic. Stir in the pasta and flavour with Worcestershire sauce and black pepper. Stir in chopped tomatoes, cooked broccoli or anything else you like.

Spam chips

Slice the spam into chips, drizzle with a little oil and bake in the oven.