



Kind Communities Kind Food Recipes

Delicious, hearty, and healthy dishes you can make easily at home in your kitchen or using a slow cooker.

All recipes have kindly been supplied by individuals and organisations from the Warwickshire Food Forum partnership.

Chicken and bacon casserole

Slow cooker recipe



Serves 8

Cooking time 6 hours

Prep time 30 minutes

Tip: This recipe freezes well, so you can eat the leftovers on another day.

Ingredients

8 chicken thighs

8 smoky bacon rashers, chopped

1 large onion, chopped

1 tin of chopped tomatoes (400g)

1 tin of sweetcorn (325g or 400g)

250ml chicken stock (from a stock cube or similar)

2 large carrots, diced

2 celery stick, diced

1 tablespoon plain flour

Salt and pepper to season

Chicken gravy granules (optional)

Preparation

1. Chop the onion, carrots and celery and then add them into your slow cooker.
2. Add the chopped bacon, stock, tinned tomatoes, and sweetcorn. Stir well.
3. Remove the skin from the chicken thighs, roll them in plain flour, and place them in the slow cooker on top of the vegetables.
4. Cover and cook on low for 5 and half hours.
5. If the sauce is too thin, thicken by adding some chicken gravy granules. Season to taste.
6. Cook for a further 30 minutes.

Serve with new potatoes and green vegetables.

Butter chicken curry

Slow cooker recipe



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Serves 6

Cooking time: 6 hours

Preparation time: 30 minutes

Tip: Serve with rice or naan bread.

Ingredients

6 chicken thighs, skin and bones removed

3 tablespoons butter

3 tablespoons cooking oil

1 large onion, chopped

4 cloves garlic, chopped

2 teaspoons curry powder

1 tablespoon curry paste

2 teaspoons tandoori powder

1 teaspoon garam masala

200g tomato puree

15 green cardamom pods

500ml coconut milk

Preparation

1. Heat the butter and oil in a large frying pan on a medium heat.
2. Chop the chicken and add it into the pan. Stir in the onion and garlic and cook for about 10 minutes.
3. Add the curry powder, curry paste, tandoori, garam masala and tomato puree into the pan and mix well.
4. Pour the mixture into the slow cooker and add the cardamom pods, coconut milk and yoghurt. Season with salt.
5. Cover and cook on a high heat for 4 to 6 hours.
6. Remove the cardamom pods before serving.

Vegetarian stuffed pasta

Slow cooker recipe



Cooking time: 4 hours

Preparation time: 30 minutes

Tips: Serve with garlic bread and a green salad. If you want to make this recipe with meat, try adding cooked minced beef or balls of sausage meat to the spaghetti sauce.

Ingredients

350g pasta shells (or 1 packet)

900g jar spaghetti sauce

500g cottage cheese

500g mozzarella

75g parmesan cheese

1 onion, chopped

2 tablespoons Italian herb seasoning mix

1 x 250g packet frozen spinach, thawed, with water squeezed out

Preparation

1. Cook the pasta shells according to the package directions and drain.
2. Pour half the jar of spaghetti sauce into your slow cooker.
3. In a medium size bowl, mix together the spinach and all the other ingredients.
4. Stuff each shell with the spinach mixture using a teaspoon and layer the shells in the slow cooker.
5. Pour the rest of the spaghetti sauce over.
6. Cover and cook on a low setting for 4 hours.
7. Garnish with parmesan cheese if desired.

Cowboy casserole

Slow cooker recipe



Cooking time: 8 hours

Preparation time: 15 minutes

Tips: Before serving, stir through to ensure the sausages are evenly mixed. Serve with toast and butter. Leftovers can be frozen.

Ingredients

A 350g packet of frankfurters (about 10 sausages)

2 cans of baked beans

1 can of chopped tomatoes

1 large red pepper, chopped

1 onion, diced

2 tablespoons of Worcestershire Sauce

1 tablespoon of whole-grain mustard

1 teaspoon of Paprika

Preparation

1. Cut the frankfurters into pieces about 1 inch long.
2. Chop the onion and fry in a large frying pan for 2 minutes in oil over a medium heat.
3. Add the paprika and stir around, then pour in both cans of beans and the can of chopped tomatoes.
4. Add the pieces of red pepper, the Worcestershire sauce, and the mustard. Stir it in then add about 4 tablespoons of water (or stock if you prefer).
5. Put the chopped-up frankfurter pieces into the bottom of your slow cooker pot. Pour all the mixture from the frying pan on top of them.
6. Cook on a low heat for 8 hours.

Serve with mashed potatoes.

Rice pudding

Slow cooker recipe



Cooking time: 2 hours

Preparation time: 25 minutes

Tips: Serve on its own or top with cream or stewed fruit.

Ingredients

150g pudding rice

4 eggs

1 litre milk

125g sugar

1 teaspoon vanilla essence

½ teaspoon cinnamon

¼ teaspoon nutmeg

75g raisins, sultanas, or dates

Preparation

1. Cook the rice for 20 mins and add to your slow cooker.
2. Beat the eggs together and add to the slow cooker along with all the other ingredients.
3. Cover and cook on medium heat for 2 hours. Stir after 1 hour.
4. Serve warm, or chill in the fridge before serving.

Scottish stovies



Cooking time: 1 hour 30 minutes

Preparation time: 20 minutes

Tips: This is a great recipe to add in any spare vegetables you may have such as swede, carrots, turnip, celery, or peas.

Ingredients

30g butter

1 onion, finely chopped

500g of sausages and/or beef mince (you could also use leftover roast lamb, roast beef, or corned beef).

700g potatoes, peeled and cut in to 3cm cubes.

500ml beef or lamb stock

Oatcakes or crusty bread, to serve.

Preparation

1. Boil the potatoes in a pan until they are soft enough to mash, then drain and set aside.
2. Brown off the beef mince and/or sausages in a frying pan until they are cooked through and then set aside.
3. Heat the butter in a medium sized saucepan, add the onion and fry for 10 minutes over a low-medium heat until softened. If using additional vegetables now is the time to add them and fry for a further 5 mins.
4. Add the boiled potatoes and meat to the saucepan that contains the onion (and additional vegetables) and stir together to get a thick consistency.
5. Add in the stock, bring to the boil, then turn the heat down to a simmer. Cook covered for 1 hr 30 mins or until the vegetables have softened and the potatoes have broken down completely.
6. If you're using corned beef, add this to the pan 20 minutes before the end of cooking.

Optional: serve with oatcakes, or crusty bread.

Scotch broth



Cooking time: 1 hour 25 minutes

Preparation time: 20 minutes

Tips: This is a great recipe to add in any spare vegetables you may have such as carrots, leeks, or celery. If you want to make this recipe with meat, try adding ham hock, a small ham joint, or chicken.

Ingredients

250g broth mix (rinsed and soaked overnight)

1 tbsp vegetable oil

1 onion, chopped

1 leek, chopped

1 turnip, chopped

3 carrots, chopped

3 celery sticks, chopped

2 stock cubes

Salt and pepper to taste.

Crusty bread, to serve.

Preparation

1. (The day before) rinse the broth mix and allow to soak overnight. Drain and rinse well.
2. In a large pan fry the onion, leek, turnip, carrots and celery for 10-15 minutes until soft. Add salt and pepper to season.
3. Add 2-3 litres of water including the stock cubes, to the vegetables, and bring to a simmer.
4. Add the drained broth mix, and allow to simmer for 1 hour, then ladle into bowls to serve.

Optional: Serve with pieces of crusty bread.

Chunky chicken and vegetable soup



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Cooking time: 1 hour 10 minutes

Preparation time: 30 minutes

Tips: Serve with crusty bread.

Ingredients

Whole chicken, with meat in small bits

1 onion, peeled and sliced

2 carrots, peeled and chopped into chunks

$\frac{1}{4}$ of a swede

2 sticks of celery, chopped into chunks

Chicken stock

Seasoning

Preparation

1. Get your hands in and pull all the bits of meat off the chicken carcass and set aside.
2. Boil the skin, bones and manky bits in a large saucepan of water, put the lid on, and simmer for at least one hour.
3. Drain and keep the resulting chicken stock.
4. In another saucepan, sauté the onion and celery until soft. Tip in the carrot, potatoes, and swede, stir, and sauté for a few more minutes.
5. Pour in the chicken stock, bring to the boil, and simmer for another ten minutes, or until the vegetables are cooked.
6. Adjust seasoning to taste.

Chicken and vegetable pie



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Cooking time: 30 minutes

Preparation time: 1 hour

Tips: You will need a deep dish to put the pie in! Preheat the oven to 200 °C

Ingredients

Block of shortcrust pastry

Block of puff pastry

2 tbsp oil / big knob of butter

1 egg, beaten

2 onions, peeled and chopped

2 carrots, peeled and chopped

2-3 chicken breasts, cut into bite-size chunks

2 tbsp plain flour

2 chicken stock cubes

Frozen peas/sweetcorn, or any other vegetables you would like to add.

Preparation

1. Roll out shortcrust pastry to the size of your pie dish with a slight overlap.
2. Blind bake (line the pastry with greaseproof paper and fill it with rice or dried beans – it keeps the base from puffing up) for 10 minutes. Remove the paper and beans, prick the base with a fork and bake for a further 10 minutes until the pastry looks dry.
3. Cook the onions in a saucepan with the vegetable oil/knob of butter, on a medium heat until they become soft and see through. Add the carrots and cook for a further 10 minutes.
4. Stir in the chopped chicken to cook. Once chicken is white all over, stir in the flour.
5. Add stock cubes and enough water to cover chicken and vegetables. Stir and leave to simmer for 15-20 minutes. The chicken will cook through, and the stock should thicken.
6. Add frozen peas, sweetcorn, or any other vegetables and allow to cook for 15-20 minutes.
7. Roll out puff pastry to slightly larger than the top of the pie dish (as it tends to shrink).
8. Fill the shortcrust pastry lined dish with the chicken and vegetable filling. Brush the overlapping pastry edge with beaten egg and cover with the puff pastry top.
9. Brush the puff pastry top all over with beaten egg to give it a nice glaze when cooked.
10. Put pie in oven for 30 minutes or until the pastry is golden brown, then cut and serve.