

AVOIDING FOOD MILES & FOOD WASTE

FOOD MILES: Food grown locally (in season) saves carbon emissions unlike food flown from far away (except in a heated greenhouse, when better grown outdoors in Spain).

FOOD WASTE: More bread, by weight, is thrown away than any other type of food. (The top 5 are milk, potatoes, cooked meals, soft drinks & bread.) Using up left over food not only saves you money but also reduces the carbon emissions from growing and transporting it.

USING UP BREAD

Breadcrumbs: Whiz leftover bread in a food processor, or grate it; use it straight away or store in the freezer in smallish portions, e.g. a cupful, in plastic bags. Use in nut loaf, meatballs, burgers etc. Or fry lightly with garlic & butter to make a great topping for gratin dishes, cauliflower cheese, pasta dishes etc.

Bread pudding - Great for filling gaps in lunch boxes

2 cups of torn up bread lightly pressed down	1 egg
½ cup sugar (soft dark brown is best)	½ cup dried fruit
½ cup milk	1 tsp. mixed spice

1. Allow everything to soak well. Pour into a prepared baking tin.
2. Bake at Gas 4 (350°F or 180°C) for about 35 minutes. It should be fairly damp & dense. Cut in squares or wedges.

Chilli con tofu - A vegetarian version of chilli con carne

Make sure you boil the beans thoroughly for 10 minutes & cook them at least 30 minutes in total. (N.B. Raw kidney beans are poisonous.)

2 onions	2 tbsp. oil
12 oz. dried kidney beans	8 oz. firm tofu
1/2 - 1 tsp. hot chili powder	1 tsp. chopped chilies (dried is OK)
1 tin chopped tomatoes or 5 oz. purée	4 oz. bread as coarse crumbs

1. Soak the beans overnight, or for about 8 hours, then drain and boil for 10 minutes. Turn down the heat and simmer for at least 20 minutes until soft.
2. Rinse and roughly mash the tofu.
3. Chop the onions and fry until lightly browned.
4. Combine all, plus enough water to be stirrable. Bring to the boil & simmer for 10 minutes.

More recipes for less waste & seasonal food at greeninginbeeston.weebly.com



Most foods can be frozen for later use!

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USING UP VEGETABLES - Ways to use up leftover vegetables, cooked and uncooked.

Soup - One way to use up, for instance, COOKED carrot, broccoli or cabbage

1. Soften ½ an onion for 1 or 2 mins. in butter or oil, add the chopped veg. and stir. After a few seconds add hot stock (or leftover gravy) & simmer 10 mins.
2. Adjust flavour by adding a little vinegar or lemon juice, salt and sugar/honey. You can leave chunky or purée.
3. Leftover rice, pasta or potato can be added, plus a squirt of tomato sauce.

Frittata: You need per serving:

Leftover COOKED vegetables roughly chopped. (About half a cup)

1 egg, beaten with a tbsp. water or milk

A bit of onion, chopped A bit of sweet pepper, sliced or chopped

1 tbsp vegetable oil A scrap of bacon or salami (optional)

Pinch of mixed herbs

1. Soften the onion and bacon (if used) in the oil.
2. Add the sweet pepper & cooked veg. Cook gently a few minutes.
3. Pour on the egg & allow to almost set. Sprinkle with herbs & seasoning.
4. At this point you can add some grated cheese and place the whole pan under the grill just to melt it. If it's a large one, cut into wedges to serve.

Stir fried noodles: (serves 1 hungry person or 2 for a light meal)

A big cupful of any leftover veg. sliced up fairly small. (Even leftover salad can go into this including cucumber and lettuce.)

Leftover shredded chicken or ham (optional)

1 packet instant noodles

1 small onion, sliced 1 fat garlic clove, crushed/chopped

½ inch fresh ginger, peeled & sliced into little match sticks

½ tbsp. plain veg. oil ½ tbsp. sesame oil

1. Place the noodles in a flat-bottomed dish and retrieve the sachet of flavouring. Pour boiling water onto the noodles to cover.
2. Use the oil to fry the onion, ginger & garlic on medium heat.
3. Add the cooked veg. and meat (if using), sprinkle on the contents of the flavour sachet and stir fry.
4. Drain the noodles and add to pan, sprinkle on the sesame oil & toss.

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