

Food in Difficult Times



Project Coordinator; Community Cooperation Wales



COMMUNITY COOPERATION WALES
CHAMPIONING COMMUNITY CHALLENGES

Community Cooperation Wales is assisting the local community in coping with the rising cost of living by distributing food at several community hub venues.



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PASTA & NOODLES RECIPES

* = required, not included in parcel

" = optional



Cacio e pepe

- spaghetti
- butter*
- black pepper
- parmesan*



<https://www.bbcgoodfood.com/recipes/cacio-e-pepe>

kcal 565	fat 19g
saturates 12g	carbs 75g
sugars 3g	fibre 4g
protein 21g	salt 0.66g



Caponata
pasta

- olive oil
- onions*
- garlic cloves (powder)
- Mediterranean veg.(peppers and aubergines*)
- tomatoes(tinned)
- capers*
- raisins*
- pasta
- basil leaves(herb)



<https://www.bbcgoodfood.com/recipes/caponata-pasta>

kcal 542	fat 14g
saturates 2g	carbs 85g
sugars 21g	fibre 9g
protein 14g	salt 0.5g



Hearty pasta
soup

- olive oil
- carrots*
- onions*
- vegetable stock
- tomatoes(tinned)
- peas and beans(tinned)
- tortellini (spinach and ricotta)*
- basil leaves(herb)"
- parmesan or vegetarian alternative"



<https://www.bbcgoodfood.com/recipes/hearty-pasta-soup>

kcal 286	fat 9g
saturates 3g	carbs 44g
sugars 11g	fibre 6g
protein 11g	salt 0.88g



Tomato &
pasta soup

- olive oil
- onions*
- celery *
- garlic cloves(powder)
- tomato purée or tomatoes (tin)
- chickpeas*
- pasta
- vegetable stock
- basil pesto*
- crusty bread"



<https://www.bbcgoodfood.com/recipes/orzo-tomato-soup>

kcal 349	fat 12g
saturates 2g	carbs 45g
sugars 9g	fibre 8g
protein 12g	salt 0.6g

Nutrition: Per serving

SOME PASTA SAUCE



Penne pasta with easy marinara sauce

- tomatoes(tinned)
- olive oil
- garlic cloves(powder)
- tomato paste(tinned)
- salt
- black pepper
- basil or oregano(herb)
- pasta



<https://www.foodiecrush.com/penne-pasta-with-easy-marinara/>

Nutrition: Per serving

kcal 366	fat 10g
saturates 1g	carbs 58g
sugars 2g	fibre 3g
protein 10g	salt 0g



White sauce

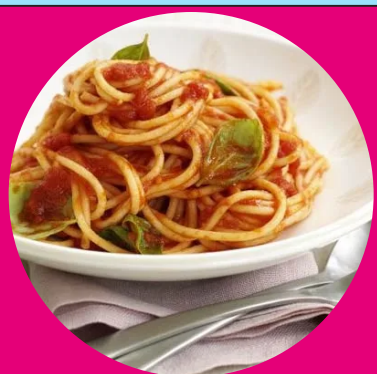
- whole milk*
- onions*
- bay leaf(herb)
- cloves*
- butter*
- flour
- black pepper



<https://www.bbcgoodfood.com/recipes/white-sauce>

Nutrition: Per serving

kcal 175	fat 12g
saturates 8g	carbs 12g
sugars 5g	fibre 0g
protein 4g	salt 0.3g



Tomato & basil sauce

- olive oil
- garlic cloves(powder)
- tomatoes(tinned)
- vegetable stock powder or crumbled stock cube
- sugar
- basil leaves(herb)



<https://www.bbcgoodfood.com/recipes/tomato-basil-sauce>

Nutrition: Per serving

kcal 52	fat 3g
saturates 1g	carbs 5g
sugars 4g	fibre 1g
protein 2g	salt 0.3g



Tomato sauce

- olive oil
- onions*
- garlic cloves(powder)
- tomatoes(tinned)
- oregano(herb)



<https://www.bbcgoodfood.com/recipes/tomato-sauce-0>

kcal 58	fat 2g
saturates 0g	carbs 8g
sugars 6g	fibre 2g
protein 2g	salt 0.2g



Cheesy broccoli pasta bake

- pasta
- broccoli*
- butter*
- flour
- milk*
- mustard*
- cheddar*



<https://www.bbcgoodfood.com/recipes/cheesy-broccoli-pasta-bake>

kcal 539	fat 21g
saturates 12g	carbs 67g
sugars 7g	fibre 5g
protein 25g	salt 1.01g



Creamy pumpkin pasta

- olive oil
- onions*
- garlic cloves(powder)
- pumpkin or squash *
- whole milk*
- tomato purée or tomatoes (tin)
- mascarpone*
- pasta
- parmesan or vegetarian alternative"



<https://www.bbcgoodfood.com/recipes/creamy-pumpkin-pasta>

kcal 461	fat 14g
saturates 6g	carbs 63g
sugars 7g	fibre 8g
protein 16g	salt 0.2g



Spaghetti with pea & mint pesto

- peas(tinned)
- garlic cloves(powder)
- pine nuts*
- parmesan cheese*
- mint leaves (herb)
- olive oil
- pasta



<https://www.bbcgoodfood.com/recipes/spaghetti-pea-mint-pesto>

kcal 640	fat 32g
saturates 6g	carbs 72g
sugars 0g	fibre 6g
protein 21g	salt 0.3g



Citrus soba noodles

- noodles
- onions*
- zest and juice lime*
- soy sauce*



<https://www.bbcgoodfood.com/recipes/citrus-soba-noodles>

kcal 0g	fat 0g
saturates 0g	carbs 0g
sugars 0g	fibre 0g
protein 0g	salt 0g

Nutrition: Per serving



Golden noodle soup with soft-boiled eggs

- eggs*
- noodles
- vegetable oil
- garlic cloves(powder)
- ginger purée*
- turmeric*
- chicken stock
- coconut milk**
- soy sauce*
- brown sugar
- peas*
- onions*
- coriander leaves(herb)



<https://www.bbcgoodfood.com/recipes/golden-noodle-soup-with-soft-boiled-eggs>

kcal 714	fat 29g
saturates 15g	carbs 83g
sugars 11g	fibre 7g
protein 26g	salt 2.7h



Veggie noodles with sesame dressing

- noodles
- sugar snap peas
- red pepper*
- cucumber*
- sesame seed*
- tahini paste*
- soy sauce*
- rice vinegar*
- sugar



<https://www.bbcgoodfood.com/recipes/japanese-noodles-sesame-dressing>

kcal 474	fat 21g
saturates 3g	carbs 55g
sugars 24g	fibre 7g
protein 16g	salt 2.9g



Roast broccoli & sesame ramen noodle bowls

- broccoli*
- sesame oil*
- sesame seeds*
- eggs**
- noodles
- onions*
- crispy chilli oil**
- brown miso*
- chilli flakes*
- brown sugar
- lime*
- garlic cloves(powder)



<https://www.bbcgoodfood.com/recipes/roast-broccoli-sesame-ramen-noodle-bowls>

kcal 807	fat 24g
saturates 6g	carbs 85g
sugars 8g	fibre 14g
protein 32g	salt 1.7g



Speedy noodle soup

- stock (any you like)
- chilli paste*
- soy sauce or veggie alternative*
- noodles
- vegetable*
- peanut*



<https://www.bbcgoodfood.com/recipes/speedy-noodle-soup>

kcal 0g	fat 0g
saturates 0g	carbs 0g
sugars 0g	fibre 0g
protein 0g	salt 0g

Nutrition: Per serving

RICE RECIPES



Rice & peas

- beans
- coconut milk¹¹
- dried thyme
- ground allspice*
- onions*
- rice



<https://www.bbcgoodfood.com/recipes/rice-and-peas>

kcal 335	fat 9g
saturates 6g	carbs 52g
sugars 3g	fibre 6g
protein 9g	salt 0.04g



Chole with cumin rice

- vegetable oil(olive oil)
- onions*
- cumin seeds(herb)
- ginger*
- garlic cloves (powder)
- curry powder
- cans chickpeas
- tomato purée(tinned)
- coriander(herb)
- rice



<https://www.bbcgoodfood.com/recipes/chole-with-cumin-rice-raita>

kcal 561	fat 14g
saturates 4g	carbs 82g
sugars 8g	fibre 11g
protein 21g	salt 0.2g



Rice & bean enchiladas

- rice
- Cajun seasoning*
- onions*
- flour tortillas*
- tinned beans
- tomato salsa(tinned)
- yogurt*
- cheese *



<https://www.bbcgoodfood.com/recipes/rice-bean-enchiladas>

kcal 634	fat 13g
saturates 4g	carbs 104g
sugars 13g	fibre 4g
protein 31g	salt 4.81g



Japanese rice

- rice
- dashi¹¹*
- mirin*
- pickles , nori, katsuobushi flakes*
- onions¹¹



<https://www.bbcgoodfood.com/recipes/japanese-rice-gohan>

kcal 259	fat 1g
saturates 0g	carbs 58g
sugars 2g	fibre 0g
protein 5g	salt 0.3g

Nutrition: Per serving



Spinach rice

- olive oil
- onions*
- spinach leaves*
- dill(herb)
- rice
- juice lemons*



<https://www.bbcgoodfood.com/recipes/spinach-rice>

kcal 519	fat 36g
saturates 5g	carbs 37g
sugars 37g	fibre 7g
protein 8g	salt 0.6g



Super-quick Indian rice

- rice
- garam masala*
- peas
- almonds*



<https://www.bbcgoodfood.com/recipes/super-quick-indian-rice>

kcal 275	fat 8g
saturates 1g	carbs 45g
sugars 1g	fibre 3g
protein 8g	salt 0.02g



Pea & tarragon risotto

- butter*
- onions*
- garlic cloves (powder)
- rice
- vegetable stock
- peas
- tarragon or basil (herb)
- parmesan*



<https://www.bbcgoodfood.com/recipes/pea-tarragon-risotto>

kcal 411	fat 13g
saturates 8g	carbs 66g
sugars 6g	fibre 6g
protein 11g	salt 1.01g



Bean & dill pilaf with garlicky yogurt

- onions*
- butter*
- rice
- dill(herb)
- vegetable stock
- mixed vegetable*
- broad beans, peas and green beans
- yogurt*
- milk*
- garlic cloves (powder)



<https://www.bbcgoodfood.com/recipes/bean-dill-pilaf-garlicky-yogurt>

kcal 609	fat 18g
saturates 10g	carbs 99g
sugars 13g	fibre 10g
protein 20g	salt 0.63g

Nutrition: Per serving



Tomato & rice soup

- olive oil
- onions*
- carrots*
- celery stick*
- golden caster sugar*
- vinegar (white, red, or balsamic)*
- tomato puree*
- tomato or passata(tinned)
- vegetable juice(cubes)
- rice
- parsley
- pesto**



<https://www.bbcgoodfood.com/recipes/tomato-rice-soup>

Nutrition: Per serving

kcal 231	fat 3g
saturates 1g	carbs 39g
sugars 13g	fibre 4g
protein 6g	salt 1.6g



Rice pudding

- rice
- butter*
- sugar
- milk*
- nutmeg or strip lemon zest*
- bay leaf(herb)



<https://www.bbcgoodfood.com/recipes/a-nice-rice-pudding>

Nutrition: Per serving

kcal 214	fat 3g
saturates 2g	carbs 40g
sugars 21g	fibre 0g
protein 8g	salt 0.2g



Mexican rice

- sunflower oil
- onions*
- garlic cloves(powder)
- rice
- chipotle paste**
- tomatoes(tinned)
- chicken or vegetable stock
- coriander



<https://www.bbcgoodfood.com/recipes/mexican-tomato-rice>

Nutrition: Per serving

kcal 201	fat 2g
saturates 0.5g	carbs 36g
sugars 2g	fibre 2g
protein 7g	salt 0.34g

BEANS RECIPES



Spicy beans on toast

- eggs*
- bread *
- olive oil
- onions*
- cumin(herb)
- coriander or parsley(herb)
- tomatoes(tinned)
- beans (tinned)
- butter"*



<https://www.bbcgoodfood.com/recipes/spicy-beans-toast>

Nutrition: Per serving

kcal 537	fat 21g
saturates 4g	carbs 61g
sugars 11g	fibre 14g
protein 28g	salt 3g



Easy Italian bean salad

- onions*
- garlic cloves (powder)
- red chilli
- beans
- butter beans*
- olive oil
- vinegar*
- parsley



<https://www.bbcgoodfood.com/recipes/easy-italian-bean-salad>

Nutrition: Per serving

kcal 0g	fat 0g
saturates 0g	carbs 0g
sugars 0g	fibre 0g
protein 0g	salt 0g



Rice & bean enchiladas

- rice
- Cajun seasoning*
- onions *
- flour tortillas*
- refried beans(tinned)
- tomato salsa(tinned)
- yogurt*
- cheese*



<https://www.bbcgoodfood.com/recipes/rice-bean-enchiladas>

Nutrition: Per serving

kcal 634	fat 13g
saturates 4g	carbs 104g
sugars 13g	fibre 4g
protein 31g	salt 4.81g



Refried beans

- beans
- olive oil
- onions*
- garlic cloves (powder)
- green chilli"*
- cumin seeds
- dried oregano
- paprika*
- coriander"



<https://www.bbcgoodfood.com/recipes/refried-beans>

Nutrition: Per serving

kcal 114	fat 3g
saturates 0.4g	carbs 12g
sugars 3g	fibre 6g
protein 5g	salt 0.01g



Bean & pesto mash

- olive oil
- tinned beans
- pesto*



<https://www.bbcgoodfood.com/recipes/bean-pesto-mash>

Nutrition: Per serving

kcal 183	fat 5g
saturates 1g	carbs 25g
sugars 3g	fibre 7g
protein 11g	salt 0.84g



Kidney bean curry

- olive oil
- onions*
- garlic cloves or powder
- ginger*
- coriander(herb)
- cumin(herb)
- paprika*
- garam masala*
- tomatoes(tinned)
- beans
- rice



<https://www.bbcgoodfood.com/recipes/kidney-bean-curry>

Nutrition: Per serving

kcal 282	fat 8g
saturates 1g	carbs 33g
sugars 13g	fibre 14g
protein 13g	salt 0,1g



Mixed bean goulash

- olive oil
- onions*
- paprika*
- tomatoes(tinned)
- garlic powder
- beans(tinned)



<https://www.bbcgoodfood.com/recipes/mixed-bean-goulash>

Nutrition: Per serving

kcal 460	fat 28g
saturates 11g	carbs 39g
sugars 15g	fibre 11g
protein 17g	salt 1.68g



Spicy chilli bean soup

- olive oil
- onions*
- garlic powder
- chilli powder
- cumin
- tomatoes(tinned)
- vegetable stock
- beans
- red pepper
- tortilla chips" *
- limes"*



<https://www.bbcgoodfood.com/recipes/spicy-chilli-bean-soup>

Nutrition: Per serving

kcal 157	fat 4g
saturates 0g	carbs 18g
sugars 10g	fibre 9g
protein 8g	salt 0.5g



Easy BBQ beans

- olive oil
- onions*
- garlic cloves(garlic powder)
- vinegar*
- sugar
- tin beans
- passata*
- Worcestershire sauce or vegetarian alternative" *
- coriander



<https://www.bbcgoodfood.com/recipes/easy-bbq-beans>

Nutrition: Per serving

kcal 118	fat 2g
saturates 0g	carbs 21g
sugars 7g	fibre 4g
protein 5g	salt 0.37g



Beany pasta pot

- sunflower oil
- onions*
- apple*
- tin chopped tomatoes
- garlic cloves(powder)
- carton passata*
- tin beans
- red pesto*
- pasta



<https://www.bbcgoodfood.com/recipes/beany-pasta-pot>

Nutrition: Per serving

kcal 233	fat 7g
saturates 2g	carbs 35g
sugars 11g	fibre 5g
protein 10g	salt 0.94g



White bean, parsley & garlic mash

- olive oil
- onions*
- garlic cloves (powder)
- beans
- flat-leaf parsley*



<https://www.bbcgoodfood.com/recipes/white-bean-parsley-garlic-mash>

Nutrition: Per serving

kcal 0g	fat 0g
saturates 0g	carbs 0g
sugars 0g	fibre 0g
protein 0g	salt 0g



Smoky beans on toast

- olive oil
- onions*
- red pepper
- garlic cloves (powder)
- tomatoes(tinned) "
- paprika*
- vinegar*
- beans or chickpeas(tinned)
- sugar
- seeded bread*
- parsley*



<https://www.bbcgoodfood.com/recipes/smoky-beans-toast>

Nutrition: Per serving

kcal 380	fat 14g
saturates 2g	carbs 42g
sugars 17g	fibre 15g
protein 13g	salt 0.26g