

50G TVP	0.20
1 CAN TOMATOES	0.20
1 CAN KIDNEY BEANS	0.15
1 CLOVE GARLIC	
PINCH OREGANO	
DRIED CHILLI	
100G RICE	0.09

TOTAL	0.64
PER PORTION	0.37

Cowboy Chilli

Similar to the bolognaise recipe, but with beans and rice, so doubly filling! Control the heat of the chilli by varying the amount of chilli pepper you put in, a pinch is enough for most people, but remember if it's not hot enough you can always add more, but you can't take it out! If you can't find the value cans of beans, big packs of dried beans are really cheap, but you need to boil them for 2-3 min, then let soak for an hour before use.

Dice a whole onion, and fry in a healthy quantity of oil for a few minutes. Chop about 1/5th of a dried red chilli into little pieces, and add to the onion. If you like it hotter, add more! You can also use paprika.

Now add the tvp mince, stir and fry a little, and add a small wine glass of water to rehydrate it. Now put in some oregano, and the can of tomatoes. Bung on a lid, and stir occasionally for 10 minutes.

Rice is easy to cook, basmati rice is the best, and not too costly. One portion is slightly less than half a mug, so stick this much in a pan and follow it with a full mug of water. That's the trick - just over twice as much water as rice, cover with a lid, and boil until all the water has evaporated. Don't need to stir, in fact it works best if you don't take the lid off. Easy!

Get your can of beans almost all the way opened, and use it as a hinge to drain the contents, fill with cold water and rinse a few times till the water comes out clear. Then mush up the simmering tomato mix a little, and add the beans.

That's all there is to it, turn the chilli down really low till the rice is done, and serve! Very easy, but tastes completely different to the bolognaise. Save half the chilli and tomorrow just cook some fresh rice and microwave your left overs for 3-4 minutes.



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Contains two recipes from the \$2 A Day Cookbook to show you how to live on the global poverty line.

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1 LARGE POTATO	0.15
1/2 AN ONION	0.10
1 STOCK CUBE	0.05
OIL / MARG	
PINCH OREGANO	
GARLIC	
<hr/>	
SLICE OF BREAD (OPTIONAL)	0.02
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TOTAL	0.36
PER PORTION	0.18

Potato and Onion Soup

Soup is a wonderful and versatile food, and amazingly easy to make! This recipe can be easily adapted for any kind of soup you can think of: tomato, carrot, chicken, noodle, or a hot soup with chilli and ginger. All cheap, and very filling. The recipe makes two generous portions, so you can put leftovers in a container in the fridge (especially a pint glass) and microwave in a bowl the next day for a quick lunch.

Take your onion, peel it, cut off the top and bottom and then dice it into small pieces. Take the potato and cut it into roughly one cm cubes. If you want garlic as well, peel one clove, and mash with a fork. And that's all the preparation done!

The basis of any soup is the stock, and we are going to use a stock cube from the spice pack for this. Making stock is really easy; just pop on the kettle, fill a mug with boiling water, and crumble the stock cube in it. Stir it a little to help it dissolve, and it's done!

Put a small splash of oil, or a big tablespoon of margarine in the pan and fry the onions for about 3 minutes, stirring a little until they start to go a gorgeous golden brown. Add a pinch of oregano and the mashed garlic. Now put in the potato, and stir it all up to coat the potatoes in all the flavours.

Pour in the stock, stick on a lid, and let it all simmer away for about 20 minutes.

Ok! It should now be getting thick and creamy, if it looks too thick for your liking, just add a bit more water. Done!

If you like smooth soup, without chunky bits in, you can use a hand mixer right in the pan to wizz it all up a bit, or mash the bits with a wooden spoon.

Soups can be made with all kinds of vegetables and flavours, so don't be afraid to experiment! The method is exactly the same for all root vegetables, if you want a tomato based soup, just use a can of chopped tomatoes, stock and onion... The possibilities are endless! And always very cheap. Try adding croutons (grilled buttered toast) or noodles to make even more filling.

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2.7 billion people

live below the global poverty line of \$2

per day (about £1.30*) and we want you to join them for one week starting Friday 25th February (7pm Peaks). Why on earth would you want to do this?

Well, you'll learn how to live really cheaply, by cooking cheap, home made, filling meals, so even after the challenge is over you can make the most of your student budget when you need to...



There will also be fun social activities through the week, including a movie and popcorn night: a great chance to meet new people. You can also be part of a nationwide campaign to raise awareness of poverty this year and put your voice forward to get equality for disadvantaged people throughout the world and in the UK as well.

You'll get the full cookbook full of cheap and easy recipes, a spice pack of everything you need to add flavour, lots of help and assistance from the team, and the website at **www.2dollars.org** We don't want any money, or for you to join anything, and collecting sponsorship (for any charity you like) is completely optional. Just be a part of it!

Find out more at the first meeting
Monday 21st Feb, 7pm
Hicks Lecture room F30

*The figures are based on 1999 prices adjusted for Purchasing Power Parities, so it's not quite the same as the current exchange rate