



The People's
Kitchen
Morwell Neighbourhood House

RECIPES

BY THE PEOPLE'S
KITCHEN

Morwell Neighbourhood House



THE PEOPLE'S KITCHEN



The People's Kitchen seeks to address food insecurity and improve health literacy opportunities at a local response level. Our work places emphasis on people's self-determination and strengths.

We work from the presumption that our participants, service users, community and partners are resourceful and resilient. We're focused on local solutions to local issues.

The People's Kitchen has grown in impact and response largely due to the partnership we have with the Latrobe Health Assembly and Energy Australia, Yallourn North. The work we do together is grounded in common values and goals that include tackling big social issues like food insecurity at a local response level.

This recipe book is a reflection of the meals we can provide to our community from the People's Kitchen, and we're proud to be able to share our recipes with you that you can now make in your own home.

The recipes are budget and kid friendly, can be frozen, made in bulk, and most of all, made with love.

From all of us at Morwell Neighbourhood house, we thank you for your ongoing support and look forward to seeing you make these meals.

*Thank
you!*



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SPAGHETTI BOLOGNESE

SERVINGS: 4-6

PREPPING TIME: 15 MIN

COOKING TIME: 2 HOURS

INGREDIENTS

2 tbsp olive oil

crushed garlic

1 onion, chopped

1 carrot, finely chopped

1 celery stalk, finely chopped

500g minced beef

2 cups beef stock

850g tinned chopped
tomatoes

1 tsp sugar

3 tbsp chopped parsley

pasta to serve

parmesan cheese to serve

DIRECTIONS

1. Heat oil, add garlic, onion, carrot and celery.
2. Cook on low heat for 5 minutes or until vegetables are tender.
3. Increase heat, add beef and break up lumps.
4. Add stock, tomatoes, sugar and parsley. Bring to boil then reduce heat and simmer for 1 1/2 hours, stir occasionally and season.
5. Serve with cooked pasta and parmesan cheese



CHICKEN CACCIATORE

SERVINGS: 6-8

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

INGREDIENTS

- 1 tbsp oil
- 1kg diced chicken
- 1 brown onion, diced
- 200g mushrooms, sliced
- 575g jar of napolitana sauce or passata
- 1/4 cup pitted kalamata olives, sliced
- 1/4 tsp dried basil

DIRECTIONS

1. Heat pan over medium heat.
2. Cook the diced chicken in batches, browning chicken and cooking most of the way through. Remove to a plate.
3. In the same pan cook mushroom and onion until soft.
4. Return chicken to the pan. Add the sauce and herbs.
5. Cover and simmer on low for 20-30 minutes, until chicken has cooked through.
6. Stir in olives and basil. Cook for further 5 minutes on low.
7. Season with salt and pepper.



APRICOT CHICKEN MEATBALLS

SERVINGS: 6-8

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

500g chicken mince
1/4 cup breadcrumbs
1 egg

Sauce:

400ml apricot nectar
410g canned apricots
1 packet French onion
soup

OVEN DIRECTIONS

1. Add mince, eggs and breadcrumbs to a bowl, mix together. Use a tablespoon to measure out and roll into balls.
2. Brown meatballs in a pan. Remove onto a plate.
3. In an oven dish, mix up ingredients for the sauce. Add meatballs.
4. Cook in moderate oven (180 degrees) for 20-30 minutes. Check they're cooked through before serving.

STOVE DIRECTIONS

1. Add mince, eggs and breadcrumbs to a bowl, mix together. Use a tablespoon to measure out and roll into balls.
2. Brown meatballs in a pan.
3. In a bowl, mix up ingredients for the sauce. Add sauce to meatball pan.
4. Cook on low-medium heat for 20-30 minutes. Check they're cooked through before serving.

NOTES

This can be served with rice and/or vegetables.



FARMHOUSE CHICKEN CASSEROLE

SERVINGS: 6-8

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

INGREDIENTS

2 chicken breast
 2 tbsp flour
 4 rashers bacon, chopped
 1 tbsp crushed garlic
 1 onion, halved and sliced
 1 cup chicken stock
 1 tsp dried mixed herbs
 2 sticks of celery
 2 carrots
 1 capsicum
 2 handful of beans
 1/4 cup cream (optional)
 1 handful fresh parsley
 leaves (optional)

DIRECTIONS

1. Chop up chicken and vegetables into bite size pieces.
2. Heat a dash of oil in a frypan and brown the chicken pieces over a high heat. Remove the chicken from the pan and set aside. Reduce the heat.
3. Add bacon, garlic and onions and stir-fry over a medium heat until onions soften.
4. Return chicken pieces to the dish and pour over stock. Bring to the boil.
5. Add vegetables to the sauce. Cover and simmer for 15-20 minutes
6. Cook until chicken is tender and vegetables are soft. Stir cream into the casserole. Taste and season with salt and black pepper if necessary.
7. Garnish with chopped parsley and serve.



SWEET AND SOUR SAUSAGE CASSEROLE

SERVINGS: 4-6

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

1 tsp oil

6-8 sausages (approx.)

1 onion, finely diced

1 tsp crushed garlic

1 1/2 tbsp crushed garlic

1 1/2 tbsp mild curry

50g fruit chutney

1 1/2 cups beef stock

1 carrot, cut diagonally

1 large apple, cut into chunks

80g green beans, halved

DIRECTIONS

1. Heat oil over medium heat. Cook sausages until brown and half cooked. Transfer to a plate and cut sausages into pieces. Set aside.
2. Drain off excess oil. Over medium heat, add onion and garlic, cook for 3 minutes.
3. Stir in curry powder and cook for 30 seconds. Add fruit chutney, stock and carrot.
4. Cover and bring to the simmer. Cook for 10 minutes.
5. Return sausages to pan along with apple and beans.
6. Cook for 5-8 minutes or until vegetables are cooked through.



SAUSAGE AND BEAN CASSEROLE

SERVINGS: 6-8

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 2 tbsp olive oil
- 8-10 beef sausages
- 1 onion, peeled and chopped
- 2 red capsicums
- 1 1/2 tsp crushed garlic
- 2 tsp paprika
- 1 tsp dried thyme
- 2 tsp chicken stock powder
- 400g tin chopped tomatoes
- 1 can red kidney beans
- 1 can butter beans

DIRECTIONS

1. Brown sausages in pan and cook most of the way through. Chop up sausages.
2. Brown onion and red capsicum in pan. Add the garlic, paprika and thyme and stir. Cook for 1 minute.
3. Add the tinned tomatoes and sprinkle on the stock powder. Turn down heat and simmer for 15 minutes, stir down a couple of times during cooking.
4. Add drained beans, stir in and cook for a further 5 minutes until heated through.



CHOP SUEY

SERVINGS: 6-8

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

INGREDIENTS

440g packet Hokkien noodles
 2 tbsp oil
 500g beef mince
 3 tsp curry powder
 1/3 cup chicken stock
 2 tbsp soy sauce
 2 tbsp rice wine vinegar
 2 tsbp brown sugar
 1 brown onion, wedges
 2 carrots, sliced diagonally
 2 celery stalks, sliced diagonally
 1 broccoli head cut into florets
 2 tsp crushed garlic
 125g can corn kernels, drained

DIRECTIONS

1. Place noodles into heat proof bowl. Cover with boiling water. Drain immediately. Separate with a fork.
2. Heat pan over high heat. Add oil, add mince, fry and break up mince, cook for 8 minutes.
3. Add curry powder. Stir-fry for 1 minute. Transfer to a bowl, drain any excess fat.
4. Combine stock soy, vinegar and sugar in a small jug.
5. Add remainder of oil. Add onion carrot and celery. Stir fry for 2 minutes. Add garlic and cook for 1 more minute or until fragrant.
6. Add mince to pan with corn and stock mixture. Fry for 1 minute or until combined. Add noodles. Toss until heated through. Serve.



ONE-PAN PARMESAN CRUSTED CHICKEN WITH VEGGIES

SERVINGS: 6-8

PREPPING TIME: 15 MIN

COOKING TIME: 40 MIN

INGREDIENTS

1 cup risoni
 1 broccoli, cut into florets
 1-2 zucchini
 100g baby spinach
 1 onion
 chopped parsley
 4 chicken breasts
 1 lemon, grated rind and juiced
 (save 2 tbs juice for later)
 1 1/2 cup chicken stock
 parmesan cheese
 olive oil
 700ml passata sauce
 crushed garlic
 panko breadcrumbs

DIRECTIONS

1. Heat oil in pan, season chicken fillets. Cook 3 minutes each side, transfer to a plate. Add onion, garlic and cook until soft.
2. Add passata, chicken stock, lemon rind and juicy, bring mixture to the boil.
3. Add risoni to sauce and stir well to combine. Return chicken to the pan and simmer for 10 minutes. Add broccoli and zucchini.
4. Cook for further 10 minutes until vegetables are tender and chicken is cooked through.
5. Add spinach and cook for further 5-10 minutes.
6. Pre-heat grill on high. Combine breadcrumbs, parmesan, parsley and remaining oil.
7. Season with salt and pepper. Sprinkle over chicken, place under grill and cook for 5 minutes until golden.



PORCUPINE MEATBALLS

SERVINGS: 6-8

PREPPING TIME: 15 MIN

COOKING TIME: 1.5 HOURS

INGREDIENTS

500g beef mince
1 onion diced
2 tbsp plain flour
1/2 uncooked rice
salt and pepper
1 egg
400g tomato soup
1/2 cup water
1 clove garlic, crushed

DIRECTIONS

1. Mix mince, onion, flour, rice, salt and pepper in a bowl. Beat egg and add to mix.
2. Roll mixture into balls, bit bigger than a golf ball. Place into greased casserole dish.
3. Mix water and soup into a sauce pan. Heat until boiling.
4. Pour over meatballs and cook covered, in a moderate oven for 1 hour.

NOTES

This can be served with pasta, rice and/or vegetables.



STROGANOFF

SERVINGS: 4-6

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

INGREDIENTS

500g meat (chicken or beef)
oil

1 onion diced

1 tsp paprika

200g mushrooms

1 can cream of mushroom soup

1 tbsp tomato paste

1/3 cup sour cream

DIRECTIONS

1. Heat oil, add meat and brown. Once brown remove to a plate and set aside. Add onion and mushroom and cook for 5 minutes until soft. Add paprika and cook for 1 minute.
2. Return meat to the pan, add mushroom soup and tomato paste, stir. Bring to the boil.
3. Reduce heat to medium and simmer for 20-30 minutes.
4. Add in sour cream just before serving.

NOTES

This can be served with pasta or rice.



EASY FRIED RICE

SERVINGS: 6-8

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

2 tbsp olive oil
2 tbsp vegetable oil
4 cups cooked rice, cooled
3 tbsp soy sauce
1/2 tsp salt
1 tsp pepper
1 cup frozen peas
2 carrots, diced
3 large eggs, lightly beaten
4 rashers bacon
green onions to serve

DIRECTIONS

1. In a large skillet, pan fry the carrots and peas with the sesame oil and vegetable oil. Cook for about 3-5 minutes until soft.
2. Slide the vegetables to the side and pour in the eggs.
3. Scramble the eggs.
4. Stir in the rice, soy sauce, salt and pepper.
5. Stir for a few minutes until rice is heated through and sauce is mixed through.
6. Top with sliced green onions



BUTTER CHICKEN MEATBALLS

SERVINGS: 6-8

PREPPING TIME: 20 MIN

COOKING TIME: 45 MIN

INGREDIENTS

For the meatballs

30g panko breadcrumbs

700g ground mince

1 egg

2 tsp garam masala

1 tbsp olive oil for frying meatballs

Butter chicken sauce

60 grams butter unsalted

5 tsp crushed garlic

2 tsp ginger minced

240ml passata or tomato sauce

2 tbsp tomato paste

1 tbsp garam masala

1 tbsp smoked paprika

1 tsp turmeric

1 tsp cumin ground

1 tsp coriander ground

240ml chicken broth (low sodium)

240ml heavy cream

1 tbs cilantro freshly copped

DIRECTIONS

1. Add all the meatball ingredients, excluding the oil, to the bowl. Mix everything together well.
2. Using 2 tbsp at a time, depending how large you'd like them, form the mixture into meatballs. Dip your hands in water if you find the mixture getting sticky.
3. Heat the olive oil in a large skillet over medium-high heat. Add the meatballs, working in batches if needed. Cook for 2-3 minutes per side until well browned. Transfer the cooked meatballs to a plate and set aside. You can bake meatballs in moderate heated oven for 15 minutes or until cooked.
4. Add the butter to the skillet. Once melted, stir in the garlic and ginger. Cook for 1 minute. Add the passata, tomato paste, garam masala, smoked paprika, turmeric, cumin, coriander, and chicken broth.
5. Stir everything together and bring the sauce to a boil, then reduce to a simmer. Let the sauce cook for 10 minutes, or until slightly thickens. Stir in the cream.
6. Add the meatballs back to the skillet and let them simmer in the sauce for 5 minutes to heat through. Turn off the heat and serve.

NOTES

Serve with rice.



MINISTRONE SOUP

SERVINGS: 6-8

PREPPING TIME: 15 MIN

COOKING TIME: 1.5 HOURS

INGREDIENTS

1 tbsp olive oil

1 onion, finely chopped

1 carrot, finely sliced

1 celery stick, finely sliced

1 large potato, cut into cubes

1 can chickpeas, rinsed

1 can lentils, rinsed

1 can cannellini beans, rinsed

1 cup peas

1 cup green beans, cut into thirds

1 bag baby spinach, rinsed

1 can tinned diced tomatoes

salt and pepper

2 Massel chicken stock cubes

water the cover

parmesan cheese to serve

DIRECTIONS

1. Prepare all of the vegetables.

2. Saute the onion, celery and carrot in the olive oil slowly for 5 minutes.

3. Add the tin of tomatoes, salt, pepper and stock.

4. Cover with a lid and simmer for 10-15 minutes.

5. Remove lid, add all the other vegetables except for the baby spinach.

6. Cover and simmer for 45 minutes to 1 hour.

7. Remove lid and stir through baby spinach at the end until it wilts.

8. Add small amount of cooked pasta if using.

9. Serve sprinkled with parmesan cheese.

NOTES

This can be served with baby pasta.



BAKED ITALIAN MEATBALLS AND EASY TOMATO SAUCE

SERVINGS: 6-8

PREPPING TIME: 10 MIN

COOKING TIME: 40 MIN

INGREDIENTS

- 700g beef mince
- 1/2 cup breadcrumbs
- 1/2 cup parmesan cheese
- 1 egg, beaten
- 2 tbsp milk
- 2 tbsp tomato paste
- 2 tbsp dried parsley
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Italian seasoning

Sauce:

- 1/2 diced onion
- 2 tsp crushed garlic
- 2 tbsp fresh basil
- 1 tbsp dried oregano
- 1 cup passata
- 1 tablespoon balsamic vinegar
- 400g can tomatoes

DIRECTIONS

1. Preheat oven to 180 degrees. Line tray with baking paper.
2. Combine all ingredients in a bowl and mix.
3. Roll into small balls. Line up on pan and bake for 20 minutes.
4. Serve with sauce and pasta

Sauce

1. Cook onion and garlic with a dash of oil until soft.
2. Add passata, balsamic vinegar and herbs.
3. Stir and simmer for 10 minutes.

NOTES

This can be served with pasta.



SHEPHERD'S PIE

SERVINGS: 6-8

PREPPING TIME: 10 MIN

COOKING TIME: 2 HOURS

INGREDIENTS

- 750g beef mince
- 1 1/2 tbsp olive oil
- 1 tsp crushed garlic
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 1 celery stick, finally chopped
- 3/4 tsp dried thyme and rosemary
- 1/4 cup plain flour
- 1/4 cup tomato paste
- 2 cups beef stock
- 1/2 cup red wine or water
- 1 beef stock cube, crumbled
- 1 tbsp Worcestershire sauce
- 2 dried bay leaves
- 3/4 tsp salt
- 1/2 tsp pepper
- 1 cup frozen peas
- 1.2 kg potatoes, peeled and diced
- 2/3 cup milk
- 2 tbsp butter

DIRECTIONS

1. Heat oil in a pan, add onion and garlic and cook for 1 minute. Add carrot, celery, thyme and rosemary. Cook until soft.
2. Turn up heat. Add mince and brown. Add flour and mix in.
3. Add tomato paste, broth, red wine, stock cube, Worcestershire sauce and bay leaves. Stir well.
4. Bring to the summer, turn down and heat. Cook for 30 minutes, until reduced to a thick gravy consistency. Remove bay leaves.
5. Add salt and pepper, stir through peas. Cool for 1-2 hours or overnight.

Assemble

1. Preheat oven to 180 degrees
2. Cook potatoes in boiling water until soft. Drain and return to pot.
3. Add butter and mash until melted. Add milk, salt and pepper. Mash until soft and smooth. Add more milk if needed.
4. Spread mash onto pie using a fork. Sprinkle with parmesan drizzle and butter.
5. Bake for 30-40 minutes or until potato is golden.
6. Rest for 5 minutes before serving.



SPINACH AND RICOTTA CANNELLONI

SERVINGS: 4-6

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

INGREDIENTS

- 1 box cannelloni tubes
- 250g frozen spinach
- 225g fresh ricotta
or cream cheese
- 2 egg yolks, lightly beaten
- 1 clove garlic, crushed
- pinch of nutmeg
- salt and pepper
- 2 tsp olive oil
- 425g can tomato puree
- 3 tsp basil leaves
- 1/2 cup thickened cream
(optional)

DIRECTIONS

1. Preheat oven to 200 degrees.
2. Mix spinach, ricotta cheese, egg yolks, garlic, grated cheese, nutmeg, salt and pepper together thoroughly in a medium sized bowl.
3. Fill cannelloni tubes with the prepared mixture.
4. To make the sauce, heat olive oil in frying pan. Add tomato puree, basil, salt and pepper, and bring to the boil. Remove from heat.
5. Grease an oven proof baking dish and pour layer of sauce over the base leaving enough to cover cannelloni.
6. Place a single layer of filled cannelloni side by side in the baking dish. Pour over the remaining sauce and the thickened cream (if you're using). Sprinkle with grated cheese.
7. Bake in oven at 200 degrees for 25-35 minutes (test by pricking with a skewer).



MEATLOAF

SERVINGS: 4-6

PREPPING TIME: 15 MIN

COOKING TIME: 1 HOUR

INGREDIENTS

- 1/2 onion diced
- 700g ground mince
- 1/2 capsicum
- 3/4 cup breadcrumbs
- 1/4 cup barbeque sauce
- 1 tbsp Worcestershire sauce
- 1 egg
- 2 tbsp parsley

Glaze:

- 1/3 cup tomato sauce
- 1/3 cup chilli sauce
- 1 tbsp brown sugar

DIRECTIONS

1. Grease oven pan and set aside.
2. Combine all ingredients for glaze and set aside.
3. Cook onion on medium heat in 1 tbsp oil until tender.
4. Combine all ingredients and 1/4 cup of glaze mixture. Mix until combined.
5. Shape meat mix into a log shape and top meatloaf with glaze mixture.
6. Bake on 200g for 30-45 minutes. Check to make sure cooked through before serving.



VEGETARIAN BOLOGNESE

SERVINGS: 4-6

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

INGREDIENTS

2 tbsp oil
 1 onion, finely chopped
 1 carrot, finely chopped
 1 celery stick, finely chopped
 1 tsp crushed garlic
 300g mushrooms
 1 zucchini, finely diced
 1 eggplant, finely diced
 500g tomato passata
 1 bay leaf
 1 cup fresh basil leaves
 salt and pepper to taste
 pasta to serve

DIRECTIONS

1. Heat oil on medium heat. Add the olive oil, onion, carrot and celery. Cook until softened.
2. Add garlic and cook for 1 minute.
3. Add mushrooms and cook for 5 minutes.
4. Add zucchini, eggplant and passata with 1 cup of water. Season with salt and pepper, add bay leaf and basil. Bring to the boil, then simmer for 20 minutes.
5. In a separate saucepan, boil water and cook pasta as per cooking directions.
6. Strain pasta, serve with sauce and top with cheese.

Other recipes

Have another recipe a family member or friend gave you? Jot it down!

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Notes

Had a great idea or ingredient to add to one of our recipes?
Write it down here so you remember for next time.



