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Diabetes-friendly Recipe Cards

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Vegetarian Bean Chilli

✓ **Hob only**



Equipment:

- Spoon
- 1 saucepan
- 1 mug
- Frying pan (if using onion)
- Knife (if using onion)

Ingredients for 2 portions:

- ½ mug of rice
- ½ tbsp oil
- 1 tin chopped tomatoes
- ½ tin beans e.g. kidney beans
- 1 chopped onion (if available)
- Optional: seasoning of your choice e.g. chili powder, dried herbs
- Optional: other vegetables e.g. tinned sweetcorn, pepper

✓ **Halal**
✓ **Gluten-free**
✓ **Dairy-free**
✓ **Vegan**

Steps:

1. Fill a pan with water and 1 tsp of salt. Heat until boiling. Add rice and continue to boil as per instructions on packet. Drain water when cooked and set aside.
2. If using chopped onion, place in the other pan with the oil and heat. Fry gently until soft.
3. Add the tomatoes, drain the beans and add them along with the seasoning. Bring to the boil. Add any other vegetables and simmer for 10-15 minutes
4. Serve the chilli with the rice
5. If you have any fresh herbs you can add these on top.

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Vegetarian Bean Chilli ✓ Hob only



Equipment:

- Spoon
- 2 saucepans
- 1 mug
- Knife (if using onion)

Ingredients for 4 portions:

- 1 mug of rice
- 1 tbsp oil
- 2 tins of chopped tomatoes
- 1 tins of beans e.g. kidney beans
- 1 chopped onion (if available)
- Optional: seasoning of your choice e.g. chili powder, dried herbs
- Optional: other vegetables e.g. tinned sweetcorn, pepper

✓ **Halal**
✓ **Gluten-free**
✓ **Dairy-free**
✓ **Vegan**

Steps:

1. Fill a pan with water and 1 tsp of salt. Heat until boiling. Add rice and continue to boil as per instructions on packet. Drain water when cooked and set aside.
2. If using chopped onion, place in the other pan with the oil and heat. Fry gently until soft.
3. Add the tomatoes, drain the beans and add them along with the seasoning. Bring to the boil. Add any other vegetables and simmer for 10-15 minutes
4. Serve the chilli with the rice
5. If you have any fresh herbs you can add these on top.

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Tomato Mackerel

✓ **No cook**



Equipment:

- Plate or bowl
- Fork

Ingredients for 1 portion:

- 1 tin of mackerel in tomato sauce
- ½ pouch of microwavable grains e.g. rice or quinoa
- Optional: seasoning of your choice
- Serve with 3 tbsp. of tinned vegetables e.g. beans, spinach, sweetcorn

Steps:

1. Open the pouch of grains and pour onto plate or bowl. Break them up with the fork.
2. Open the tin of mackerel and pour over the grains
3. Add any other seasonings and tinned vegetables if using.
4. Enjoy it cold, or microwave on high for 2 minutes if you want it hot.

✓ **Halal**
✓ **Dairy-free**
✓ **Gluten-free**

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Tomato Mackerel

✓ **No cook**



Equipment:

- 4 plates or bowls
- Fork

Ingredients for 4 portions:

- 3 tins of mackerel in tomato sauce
- 2 pouches of microwavable grains e.g. rice or quinoa
- Optional: seasoning of your choice
- 1 tin of vegetables e.g. sweetcorn or spinach

Steps:

1. Open the pouches of grains and divide them between the plates or bowls. Break them up with the fork.
2. Open the tins of mackerel and divide over the grains.
3. Add the tinned vegetables on the side and any other seasonings if using.
4. Enjoy it cold, or microwave on high for 2 minutes if you want it hot.

✓ **Halal**
✓ **Dairy-free**
✓ **Gluten-free**

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Coconut and Bean Rice

INDEPENDENT FOOD AID NETWORK

✓ **Hob only**



Equipment:

- Can opener
- Wooden spoon
- Bowl
- Saucepan

Ingredients for 2 portions:

- ½ tin of coconut milk
- 1 mug of basmati rice
- 2 mugs water
- ½ tin of kidney beans, drained
- Optional spices/herbs:
  e.g. dried herbs, garlic powder, chilli

Steps:

1. Add rice and water to saucepan, bring to boil and let simmer for 10-12 minutes (or follow instructions on packet)
2. Add coconut milk, kidney beans and any spices/herbs and mix in.
3. Simmer for 2-3 minutes, until heated through.
4. Spoon into bowl and enjoy!

✓ **Halal**
✓ **Gluten-free**
✓ **Dairy-free**
✓ **Vegan**

IFAN is working for a society without the need for food aid.

Coconut and Bean Rice

✓ **Hob only**



Equipment:

- Can opener
- Wooden spoon
- Bowl
- Saucepan

Ingredients for 4-6 portions:

- 1 tin of coconut milk
- 2 mugs of basmati rice
- 4 mugs water
- 1 tin of kidney beans, drained
- Optional spices/herbs:
  e.g. dried herbs, garlic powder, chilli

Steps:

1. Add rice and water to saucepan, bring to boil and let simmer for 10-12 minutes (or follow instructions on packet)
2. Add coconut milk, kidney beans and any spices/herbs and mix in.
3. Simmer for 2-3 minutes, until heated through.
4. Spoon into bowl and enjoy!

✓ **Halal**
✓ **Gluten-free**
✓ **Dairy-free**
✓ **Vegan**

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Lentil Dhal Curry

✓ **Hob only**



Equipment:

- 1 saucepan
- Spoon

Ingredients for 2 portions:

- 1 tin of vegetables OR 1 handful of frozen veg
- 1 mug of red lentils OR 1 tin of lentils, drained
- 1 tin chopped tomatoes
- 1 stock cube
- 2 tsp of curry powder/ other seasoning of your choice
- Optional: ½ tin of coconut milk

✓ **Halal**
✓ **Gluten-free**
✓ **Dairy-free**
✓ **Vegan**

Steps:

1. Add the lentils to the saucepan and cover with enough cold water to come to around two inches above their surface. Boil for 10 minutes or until the lentils are soft.
2. Add the tin of tomatoes to the saucepan, drain the tinned vegetables and add to pan.
3. Add the stock cube and seasoning and stir in. Simmer for another 5 minutes.
4. Stir in the coconut milk if using.
5. Eat on its own or serve with rice or roti.

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Lentil Dhal Curry

✓ **Hob only**



Equipment:

- 1 saucepan
- Spoon

Ingredients for 4-6 portions:

- 2 tins of vegetables OR 2 handfuls of frozen veg
- 2 mugs of red lentils OR 2 tins of lentils, drained
- 2 tins of chopped tomatoes
- 1 stock cube
- 2 tsp of curry powder/ other seasoning of your choice
- Optional: 1 tin of coconut milk

✓ **Halal**
✓ **Gluten-free**
✓ **Dairy-free**
✓ **Vegan**

Steps:

1. Add the lentils to the saucepan and cover with enough cold water to come to around two inches above their surface. Boil for 10 minutes or until the lentils are soft.
2. Add the tins of tomatoes to the saucepan, drain the tinned vegetables and add to pan.
3. Add the stock cube and seasoning and stir in. Simmer for another 5 minutes.
4. Stir in the coconut milk if using.
5. Eat on its own or serve with rice or roti.

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Tuna Bean Salad

✓ **No cook**



Equipment:

- 1 bowl
- 1 cup
- 1 tablespoon

Ingredients for 1 portion:

- 1 tsp olive or vegetable oil
- 1 tbsp lemon juice or vinegar (if available)
- 2 tbsp tinned sweetcorn
- 3 tbsp tinned beans (any)
- ½ x 160g can of tuna
- Salt and pepper
- Optional: 1 tsp of mustard
- Optional: any fresh or dried herbs e.g. parsley, coriander

✓ **Halal**
✓ **Gluten-free**
✓ **Dairy-free**

Steps:

1. Drain the beans, sweetcorn and tuna and mix together in the bowl
2. Mix together the oil, lemon juice/vinegar, and mustard if using in a cup
3. Add a pinch of salt and pepper to the cup.
4. Pour this over the sweetcorn, beans and tuna and mix everything together
5. If you have herbs, add these and mix in.
6. Enjoy!

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Tuna Bean Salad

✓ **No cook**



Equipment:

- 1 bowl
- 1 cup
- 1 tablespoon

Ingredients for 4 portions:

- 4 tsp olive or vegetable oil
- 4 tbsp lemon juice or vinegar (if available)
- 1 tin of sweetcorn
- 1 tin of beans (any)
- 2 x 160g cans of tuna
- Salt and pepper
- Optional: 4 tsp of mustard
- Optional: any fresh or dried herbs e.g. parsley, coriander

✓ **Halal**
✓ **Gluten-free**
✓ **Dairy-free**

Steps:

1. Drain the beans, sweetcorn and tuna and mix together in the bowl
2. Mix together the oil, lemon juice/vinegar, and mustard if using in a cup
3. Add a pinch of salt and pepper to the cup.
4. Pour this over the sweetcorn, beans and tuna and mix everything together
5. If you have herbs, add these and mix in.
6. Enjoy!

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Cupboard Lentil Soup

✓ **Hob only**



Equipment:

- 1 saucepan
- 1 spoon
- Optional: blender

Ingredients for 2 portions:

- ½ mug of dried red lentils
- 1 handful of frozen mixed vegetables/1 tin of vegetables
- 1 vegetable stock cube
- 1 tin of chopped tomatoes
- Optional: Seasonings of your choice e.g. cumin, dried herbs, pepper

✓ **Halal**
✓ **Gluten-free**
✓ **Dairy-free**
✓ **Vegan**

Steps:

1. Rinse the lentils in cold water.
2. Heat 1 mug of water in a saucepan and add the stock cube. Once this has dissolved add the dried lentils and the vegetables. Simmer for 10 minutes, stirring occasionally.
3. Add the tinned tomatoes and seasonings and simmer for another 5 minutes or until the lentils are soft.
4. If you have a blender/hand blender you can use this to make the soup a smooth consistency or leave it chunky.
5. Enjoy!

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Cupboard Lentil Soup

✓ **Hob only**



Equipment:

- 1 saucepan
- 1 spoon
- Optional: blender

Ingredients for 6 portions:

- 2 mugs of dried red lentils
- 2 handfuls of frozen mixed vegetables/2 tins of vegetables
- 1 vegetable stock cube
- 2 tins of chopped tomatoes
- Optional: Seasonings of your choice e.g. cumin, dried herbs, pepper

✓ **Halal**
✓ **Gluten-free**
✓ **Dairy-free**
✓ **Vegan**

Steps:

1. Rinse the lentils in cold water.
2. Heat 3 mugs of water in a saucepan and add the stock cube. Once this has dissolved add the dried lentils and the vegetables. Simmer for 10 minutes, stirring occasionally.
3. Add the tinned tomatoes and seasonings and simmer for another 5 minutes or until the lentils are soft.
4. If you have a blender/hand blender you can use this to make the soup a smooth consistency or leave it chunky.
5. Enjoy!

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✓ **Hob only**

Heart-warming Black Bean Soup



Equipment:

- 1 saucepan
- Wooden spoon
- Knife
- Chopping Board
- Fork

Ingredients for 2 portions:

- Optional - 1 onion
- 1tsp oil
- 1 tin of chopped tomatoes
- 2 tins of black beans
- Optional: seasoning of your choice e.g. chilli powder, cumin, garlic powder
- Optional: dried or fresh herbs

Steps:

1. Peel and chop the onion if using, place into saucepan with a spoon of oil and gently fry until soft.
2. Add chopped tomatoes and any seasoning into the saucepan and simmer for 3-4 minutes until hot.
3. Add 1 tin of black beans. Mash the other tin of beans with a fork until smooth and add to the pan.
4. Mix all ingredients and simmer for 5 minutes, add some water if mix is too thick.
5. Add any dried or fresh herbs.
6. Spoon into bowl and enjoy!

✓ **Halal**
✓ **Gluten-free**
✓ **Dairy-free**
✓ **Vegan**

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✓ **Hob only**

Heart-warming Black Bean Soup



Equipment:

- 1 saucepan
- Wooden spoon
- Knife
- Chopping Board
- Fork

Ingredients for 4 portions:

- Optional - 2 onions
- 2tsp oil
- 2 tins of chopped tomatoes
- 3 tins of black beans
- Optional: seasoning of your choice e.g. chilli powder, cumin, garlic powder
- Optional: dried or fresh herbs

Steps:

1. Peel and chop the onions if using, place into saucepan with oil and gently fry until soft.
2. Add chopped tomatoes and any seasoning into the saucepan and simmer for 3-4 minutes until hot.
3. Add 2 tins of black beans. Mash the other tin of beans with a fork until smooth and add to the pan.
4. Mix all ingredients and simmer for 5 minutes, add some water if mix is too thick.
5. Add any dried or fresh herbs.
6. Spoon into bowl and enjoy!

✓ **Halal**
✓ **Gluten-free**
✓ **Dairy-free**
✓ **Vegan**

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Breakfast Yoghurt Pot

✓ **No cook**



Equipment:

- Glass or jar per person
- Spoon

Ingredients for 1 portion:

- 2 handfuls of muesli or granola
- Plain low fat yoghurt (1 small pot or 4 tbsp)
- ½ tin of fruit e.g. berries or peaches
- Optional: drizzle of honey

✓ **Halal**

✓ **Vegetarian**

Steps:

1. Drain the juice out of the tin of fruit.
2. Layer the glass with yoghurt, muesli and tinned fruit
3. If using honey add a drizzle on top.
4. Keep in the fridge or eat straightaway.

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Overnight oats

✓ **No cook**



Equipment:

- Glass, mug or jar (1 per person)
- Tablespoon

Ingredients for 1 portion:

- 5-6 tablespoons of oats
- ½ glass of milk (dairy or dairy-free)
- Small handful of raisins or other dried fruit
- Optional: cinnamon
- Top with tinned or fresh fruit

✓ **Halal**
✓ **Gluten-free**
✓ **Dairy-free**
✓ **Vegan**

Steps:

1. Tip the oats into the glass, add the milk and raisins and mix in. Add the cinnamon if using and mix in.
2. Put in the fridge and leave overnight or at least for 3 hours.
3. Top with fresh or tinned fruit if available.
4. Enjoy!