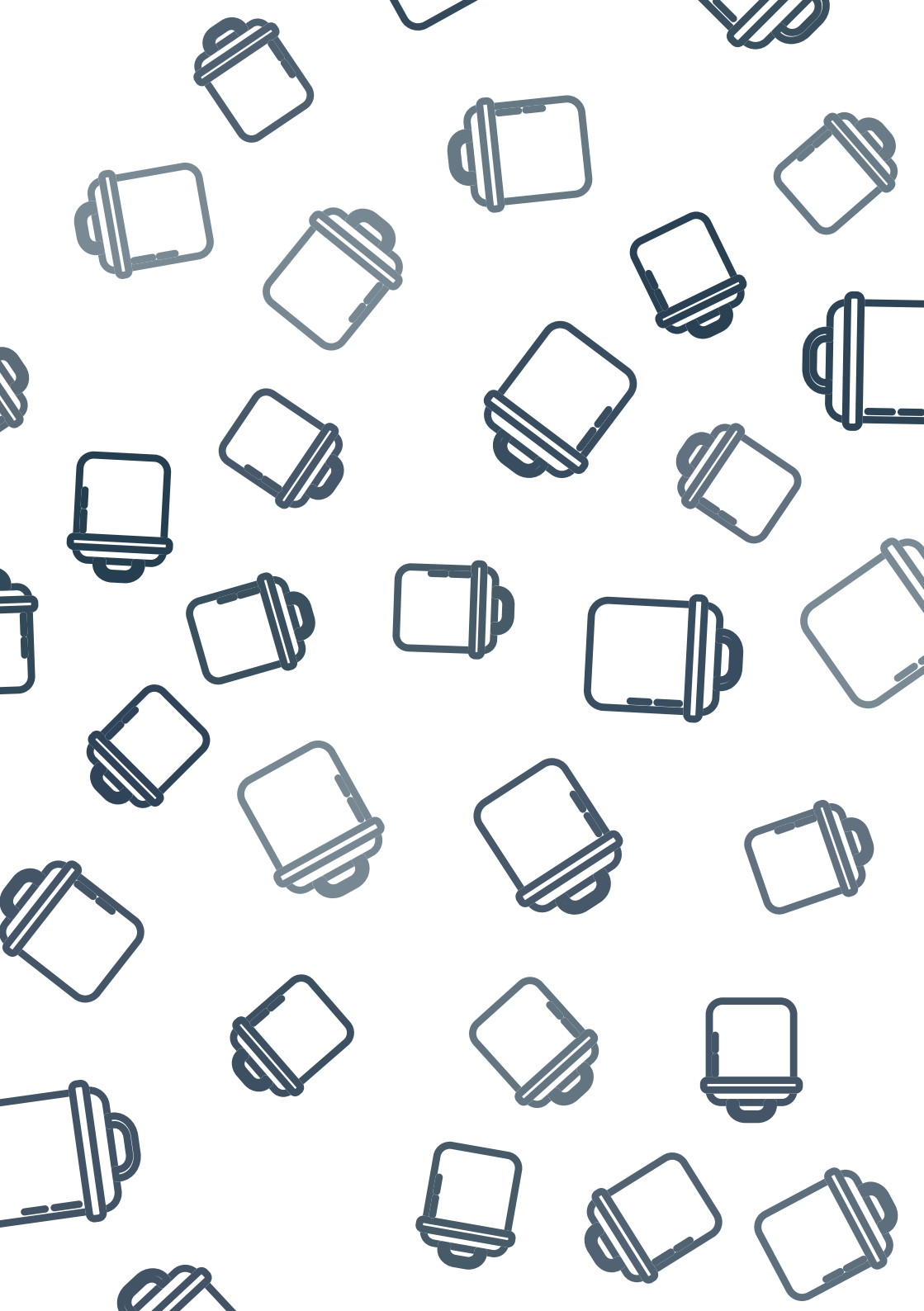




*Recipes on
a Budget
Ryseitiau ar
arian bach*



- Delicious recipes that won't break the bank -

- Ryseitiau blasus heb dorri'r banc -

This book has been produced by Healthy Blaenavon, Blaenavon Town Council in conjunction with the Hwb and Newbie Chef. The project is funded by Create - Torfaen Community Food fund.

It is designed to show you how to eat on a small budget, with examples of a meal plan for as little as £1 for 3 meals and 2 snacks.

The eating plans are not nutritionally complete but do contain more vitamins and minerals than any microwave meal you can buy.

Each recipe contains tips and hints for ingredients to add or try next time.

The prices in this book are based on the cheapest option in Asda, at the time of writing. (May 2021) Using basic home brands from any supermarket in these recipes, the cost will be approximately the same.

Mae'r llyfr yma wedi ei gynhyrchu gan Flaenafon Iach, Cyngor Tref Blaenafon ar y cyd gyda Hwb a Newbie Chef. Mae'r prosiect wedi ei ariannu gan Create- cronfa Fwyd Gymunedol Torfaen.

Y bwriad yw dangos sut i fwyta gydag ychydig iawn o arian, gydag enghreifftiau o gynlluniau am brydiau am gyn lleied â £1 am 3 pryd a 2 byrbryd. Dyw'r cynlluniau prydiau ddim yn gwbl faethlon ond maen nhw'n cynnwys mwy o fitaminau a mwynau nag unrhyw bryd meicrodon y gallwch brynu.

Mae pob rysait yn cynnwys cyngor ar gyfer cynhwysion i'w hychwanegu neu roi tro arnyn nhw y tro nesaf.

Mae'r prisiau yn y llyfr yma'n seiliedig ar y dewis rhataf yn Asda, ar adeg ysgrifennu. (Mai 2021) Gan ddefnyddio brandiau cartref sylfaenol o unrhyw archfarchnad yn y ryseitiai yma, bydd y gost rhywbeth tebyg.

Contents

6-7	Diet Coke Chicken
8-9	Mixed Bean Chilli
10-11	Quaesidilla
12-13	One Pot Creamy Veg Pasta
14-15	Tuna & Mushroom Pasta Bake
16-17	Lemon & Pea Pesto Pasta
18-19	Garlic Pasta with Sweetcorn
20-21	Savoury Rice
22-23	Baked Oats
24-25	Bread and Butter Pudding
26-27	Smartie Cookies
28-29	Berry Flapjacks
30-31	Chocolate Orange Overnight Oats
32-33	Blueberry Muffins
34-35	Mexican Rice
36-37	Chicken Curry
38-39	Pizza with Sausage Meatballs
40-41	Sausage Pie
42-43	Cheesy Chicken Yorkshire Pudding
44-45	Granola Crumble
46-47	Tray Bake Omelette
48-49	Corned Beef Stew
50-51	Sloppy Joes
52-53	Sweet + Savoury filled pancakes
54-55	Meal Plans & Notes

Cynnwys

6-7	Cyw iâr Diet coke
8-9	Chili ffa cymysg
10-11	Quaesidilla
12-13	Pasta llysiau hufennog
14-15	Pasta madarch
16-17	Sbagetì gyda phesto lemwn a phys
18-19	Pasta garlleg gydag india corn
20-21	Reis Sawrus
22-23	Ceirch pob
24-25	Pwdin bara menyn gyda darnau siocled
26-27	Bisgedi wyau siocled
28-29	Fflapjacs mwyar
30-31	Ceirch dros nos siocled oren â ffrwyth
32-33	Myffin Llus
34-35	Reis Mecsicanaidd
36-37	Cyri Cyw iâr
38-39	Pitsa gyda pheli cig selsig
40-41	Pastai Selsig
42-43	Pwdin Efrog â Chaws a Chyw iâr
44-45	Crymbl Granola
46-47	Omled silff bobi
48-49	Cawl Corn-biff
50-51	Sloppy Joes
52-53	Pancos Melys a Sawrus
54-55	Cynlluniau bwyd & Nodiadau



Diet Coke Chicken

- great for the slow cooker -

Ingredients

- Pob i 1
- 330 ml Coke 6p
(use Asda sp 17p per bottle)
 - Passata 32p SP Asda
 - Garlic puree teaspoon (8p)
 - Frozen peppers (replace with peas or mushrooms if preferred) (43p)
 - Frozen chicken breast 500g (£1.25) Asda
 - 200ml stock (3.5p)
 - Tsp mixed herbs (3p)
 - Handful of frozen onions (5p)

Method

Brown the onions in a sauce pan, add all the other ingredients, stir and bring to the boil. Leave to simmer until the sauce thickens.

This is great done in a slow cooker and can be put on at lunch time ready for tea time. Boil the 1kg chicken in a saucepan for an hour or longer if you have time before adding to the sauce this makes the chicken tender and removes some of the salt.

Use half the chicken for the above recipe and half for another day. Eat with rice as the cheapest option, at 3p per 75g or mashed potatoes at 25p for 250g or pasta at 6p for 100g.

The sauce works without the chicken and just veg in and is also nice with sausages in, leave the coke out and add a tin of beans to the mix for a sausage casserole.



Cyw iâr Diet coke

- gwyh i'r popty araf -

Cynhwysion

- Pob i 1
- 330ml Coke 6c (defnyddiwrch Asda sp 17c y botel)
 - Passata 32c SP Asda
 - Llwy de o fwtrin garlleg
 - Pupurau wedi'u rhewi (pys neu fadarch os oes well gennych) 43c
 - Brest cyw iâr wedi'i rhewi 500g £1.25 Asda
 - 200ml stoc 3.5c
 - Llwy de o berlysiau cymysg 3c
 - Llund llaw o winwns wedi eu rhewi. 5c

Dull

Coginiwch y winwns yn frown mewn sosban, ychwanegwch y cynhwysion eraill, cymysgwch a coginiwch tan i'r cynnwys ferwi. Gadewch i fudferwi tan i'r saws dewhau.

Mae hyn yn wych o'i wneud mewn popty araf a gallwch goginio amser cinio yn barod ar gyfer amser te. Berwch 1 cilogram o gyr iâr mewn sosban am awr, neu'n hirach os oes gennych amser cyn ychwanegu'r saws. Mae hyn yn gwneud y cyw iâr yn dyner ac yn tynnu peth o'r halen allan.

Defnyddiwrch hanner y cyw iâr ar gyfer y rysait uchod a hanner ar ddiwrnod arall. Bwytwch gyda reis fel y dewis rhataf, am 3c am 75g neu datws stwnsh am 25c am 250g neu basta am 6c am 100g.

Mae'r saws yn gweithio heb y cyw iâr a dim ond y llysiau ac mae'n hyfryd gyda selsig, gadewch y cola allan ac ychwanegwch dun o ffa i'r cynnwys i gael caserol selsig.





Mixed Bean Chilli

- a simple warming recipe -

Ingredients

- Serves 6
- Olive oil 1 tsp 1p
 - Small red onion 17p
 - Tin of mixed beans 65px2 £1.30
 - Chilli powder 5p
 - Cumin 1tsp 7p
 - Paprika 1tsp 7p
 - Dried coriander 1tsp 7p
 - Black pepper 1p a pinch
 - Greek yoghurt 70p
 - Tortilla wraps 1 per person 11p each

Method

Heat the olive oil in a saucepan, add the onion and cook until softened.

Drain one tin of beans and add to the pan, along with the herbs and spices, simmer for 15 to 20 mins

Mash the beans to thicken and add the second tin of beans

Simmer for a further 5 mins

Cut the tortilla wrap into 8 pieces, then bake in an oven until crispy

Serve the chilli with the tortilla pieces and a big dollop of yoghurt.

Recipe donated by Newbie Chef



Chili ffa cymysg

- rysait syml i gynhesu -

Cynhwysion

- Pob i 6
- Olew olewydd - 1 llwy de 1c
 - Winwnsyn coch bach 17c
 - Tun o ffa cymysg 65px2 £1.30
 - Powdwr tsili 5c
 - Cwmin - 1 llwy de 7c
 - Paprica - 1 llwy de 7c
 - Coriander sych 1 llwy de 7c
 - Pupur du - 1c y pinsiad
 - Iogwrt Groegaidd 70c
 - Wraps tortilla - 1 y person 11c yr un

Dull

Cynheswch yr olew mewn sosban, ychwanegwch y winwnsyn a choginiwch tan yn feddal.

Diferwch un tun o'r ffa ac ychwanegwch y cynnwys at y sosban, gyda'r perlysiau a sbeis, mudferwch am 15 i 20 munud

Stwnsiwch y ffa er mwyn tewhau ac ychwanegwch yr ail dun o ffa.

Mudferwch am 5 munud arall

Torrwch y wrap tortilla'n 8 darn, pobwch mewn ffwrn nes y bydd yn grensiog

Gweinwch y tsili gyda'r darnau tortilla gyda thalp mawr o iogwrt.

Rhoddwyd y rysait gan Newbie Chef





Quaesidilla

- a quick pick-me-up Mexican dish -

Ingredients

Serves 2

- 2 tortilla wraps
- Cheese
- Selection of mushrooms, peppers, cheese, chicken, tuna or and veg

Method

Place one tortilla down in a dry frying pan on a low heat

Spread the ingredients of your choice (always better with some sort of cheese though!) almost up to the edge and then place the 2nd tortilla on top.

Once the cheese is melting (around 1 minute) you can flip over and do one minute on the other side.

Cut into 4.

Burritos ingredients as above but add some cooked rice, roll up and place in frying pan until 2 sides are golden brown.



Quaesidilla

- pryd Mecsicanaidd cyflym i godi calon -

Cynhwysion

Pob i 2

- 2 wrap tortilla
- Caws
- Dewis o fadarch, pupur, caws, cyw iâr, tiwna neu lysiau

Dull

Rhowch un tortilla i lawr mewn padell ffrio ar wres isel.

Taenellwch y cynhwysion yr ydych yn eu dewis (wastad yn well gyda chaws!) bron hyd at ymyl y badell ac yna rhowch yr 2il tortilla ar ben.

Unwaith y bydd y caws yn toddi (tua 1 funud) gallwch droi'r tortilla a ffrio am un funud ar yr ochr arall.

Torrwch yn 4.

Burritos - cynhwysion fel uchod ond ychwanegwch reis wedi'i goginio, rholiwch a gosodwch mewn padell ffrio tan y bydd 2 ochr yn frown.



42^p
a serving



One Pot Creamy Veg Pasta

- serve with home grown pea shoots -

Ingredients

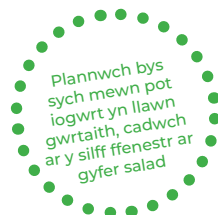
Serves 4

- Serve with home grown pea shoots less than 1p and sp garlic bread 9p each)
- 325g pasta 20p
- 700ml milk 35p
- 400ml stock (2 stock cubes) 8p
- 250g frozen veg (any kind) 24p
- Pinch mixed herbs (less than 1p)
- 150g cheese 71p

Method

Place the pasta and veg in a saucepan and pour over the milk and stock, bring to the boil then simmer for 15 mins until the pasta is cooked. Don't drain the liquid, stir in the grated cheese, then serve.

42^c
y dogn



Pasta llyisiau hufennog

- Gweinwch gyda blagur pys cartref -

Cynhwysion

Pob i 4

- 325g pasta 20c
- 700ml o laeth 35c
- 400ml o stoc (2 giwb stoc) 8c
- 250g o lysiau wedi'u rhewi (unrhyw fath) 24c
- Pinsiad o berlyisiau cymysg (llai na 1c)
- Llwy de o fwtrin garlleg 8c
- 150g o gaws 71c

Dull

Rhowch y pasta a'r llyisiau mewn sosban a thywelltwch y llaeth a'r stoc a'r dros ben, berwch ac yna mudferwch am 15 munud hyd nes bydd y pasta wedi'i goginio. Peidiwch â diferu'r hylif, cymysgwch y caws i mewn i'r cynnwys, yna gweinwch.



79p
a serving

Tuna + Mushroom Pasta Bake

- simple and filling pasta bake -

Ingredients

Serves 4

- Mushroom pasta bake
- 1 tin of mushrooms 90p
- 1 tin mushroom soup 35p
- 1 tin sweetcorn 47p
- 1 tin tuna 59p
- 400g pasta 40p
- 100g grated cheese 45p

Method

Boil your pasta according to instructions on packet.

Drain and mix in the tinned mushrooms, sweetcorn and tuna. Place back on the heat and warm through gently for 5 mins.

Pour into an oven proof dish, sprinkle on the cheese and place in the oven, preheated to 180 degrees until the cheese is melted and bubbly.

Tip

Crunch up crisps and sprinkle on with the cheese before placing in the oven, or use bread crumbs or crumbled up stale crackers instead of crisps.

79c
y dogn

Pasta madarch

- pasta pob syml sy'n llenwi -

Cynhwysion

Pob i 4

- 1 tun o fadarch 90c
- 1 tun o gawl madarch 35c
- 1 tun o india corn 47c
- 1 tun o diwna 59c
- 400g pasta 40c
- 100g caws gratiedig 45c

Dull

Berwch y pasta yn unol â chyfarwyddiadau'r pecyn.

Diferwch y pasta a chymysgwch y madarch, india corn a thiwina i mewn i'r pasta. Rhowch yn ôl ar y gwres a chynheswch yn araf am 5 munud.

Tywalltwch i lestr popty, taenellwch y caws a gosodwch y llestr yn y popty, wedi ei gynhesu at 180 gradd tan y bydd y caws wedi toddi.

Crensiwch

Crensiwch greision a'u rhoi ar ben y caws cyn gosod yn y popty, neu defnyddiwch friwsion bara neu gracers wedi eu torri yn lle creision.



20^p
a serving

Lemon & Pea Pesto Pasta

- super quick pasta dish -

Ingredients

Serves 4

- 500g Spaghetti 45p
- 1 tin of garden peas or petit pois 32p
- 1 tbsp lemon juice 4p
- 1 tsp garlic paste 2p
- Olive oil 1p
- 100g Grated cheese 44p

Method

Cook your spaghetti according to the instructions on the packet. Drain and keep a tbsp of cooking water.

Warm through peas in a pan and drain.

Take a small handful of peas and put aside in a bowl. Blend the rest of the peas with a blender or mash with a potato masher or fork until mushy. Stir in a glug of olive oil, garlic paste and a tbs of lemon juice. Stir in with a fork until it becomes paste.

Stir the paste into the warm pasta with a Tbsp of cooking water and sprinkle in the remaining peas

Serve with grated cheese.

20^c
y dagn

Sbagnet (neu basta) gyda phesta lemnwn a phys

- pryd past cyflym -

Cynhwysion

Pob i 4

- 500g o Sbagnet 45c
- 1 tun o bys neu petits pois 32c
- 1 llwy fwrdd o sudd lemnwn 4c
- 1 llwy de o bast garlleg 2c
- Olew olewydd
- 100g caws gratiedig 44c

Dull

Coginiwch ei sbagnet yn ôl cyfarwyddiadau'r pecyn. Diferwch a chadwch llwy fwrdd o'r ddŵr coginio.

Cynheswch y pys mewn sosban a diferwch.

Cymerwch lond llaw o bys a'u rhoi mewn powlen. Cymysgwch gweddill y pys gyda chymysgwr neu stwnsiwch gyda stwnsiwr neu fforc nes eu bod yn slwtsh. Ychwanegwch ychydig o olew, past garlleg a llwy de o sudd lemnwn. Cymysgwch gyda fforc tan i'r cyfan droi yn bast

Cymysgwch y past i mewn i'r pasta cynnes gyda llwy fwrdd o ddŵr o'r badell gyda gweddill y pys

Gweinwch gyda chaws gratiedig.





Garlic pasta with sweetcorn

- perfect for lunch -

Ingredients

Serves 2 (lunch size)

- 150g pasta 10p
- 100ml natural yoghurt 10p
- 1 egg 8p
- Teaspoon lazy garlic 10p
- 100g sweetcorn 9p

Method

Boil your pasta for 15 mins

Drain

Whilst still hot stir in the yoghurt, egg, garlic and sweetcorn (if frozen warm in microwave first)

Alternatively leave the pasta to go cold and add mayo and sweetcorn.

Peas with a squirt of lemon juice stirred in also make a nice alternative. Add tuna or chicken if your budget allows.



Pasta garlleg gydag india corn

- perffaith i ginio -

Cynhwysion

Pob i 2

- 150g pasta 10c
- 100ml o iogwrt 10c
- 1 wy 8c
- Llwy de o garlleg 10c
- 100g o india corn

Dull

Berwch y pasta yn unol â chyfarwyddiadau'r pecyn.

Ar ôl coginio a hidlo, trowch yn y cynhwysion uchod tra'u bod yn dwym o hyd.

Bydd yr wy ac iogwrt yn coginio yn y gwres a chreu saws â blas garlleg iddo!





Savoury Rice

- a quick and easy rice dish -

Ingredients

- Serves 2
- 150g rice 6p
 - 150g mixed frozen vegetables 13p
 - Stock cube 3.5p
 - Teaspoon of garlic puree (8p)

Method

Use the absorption method for the rice eg. 1 mug rice to 2 mugs water add the stock cube and keep stirring like you would a risotto.

When the rice is stodgy turn off the heat and place the lid on the pan. Leave for 5 mins to steam.



Reis Sawrus

- pryd reis cyflym a hawdd -

Cynhwysion

- Pob i 2
- 150g o reis 6c
 - 150 gram o lysiau cymysg wedi eu rhewi 13 ceiniog
 - 1 ciwb o stoc 3.5c

Dull

Defnyddiwrch y dull amsugno ar gyfer y reis e.e. 1 mwg o reis i 2 fwg o ddŵr, ychwanegwch y ciwb stoc a pharhewch i gymysgu fel y byddech chi'n gwneud gyda risotto.

Pan fydd y reis yn sgrwtshlyd, diffoddwch y gwres a rhowch y clawr ar y sosban Gadewch am 5 munud.



42^p
a serving

Baked Oats

- the perfect start to the day -

Ingredients

Makes 1 serving

- 40g Oats (3p)
- 80g frozen mixed berries (25p)
- Dessert spoon sugar (1p)
- One egg (8p)
- 100 ml milk (5p)

Method

Mix all the ingredients together in an oven proof dish and bake for 35 mins.

To make the recipe cheaper on a budget reduce or leave out the berries.

42^c
y dafell

Ceirch pob

- dechrau perffaith i'r diwrnod -

Cynhwysion

Pob i 1

- 40g o Geirch (3c)
- 80g o fwyar cymysg wedi'u rhewi (25c)
- Llwy bwdin o siwgr (1c)
- Un ŵ y (8c)
- 100 ml llaeth (5c)

Dull

Cymysgwch y cynhwysion i gyd mewn dysgl bopty a phobwch am 35 munud.

I wneud y rysât yn rhatach, lleihewch neu hepgorwch y mwyar.





Bread & Butter Pudding with chocolate chips

- a quick and easy sweet treat -

Ingredients

Serves 4

- 8 slices of bread preferably a day old 16p
- 40g butter or spread 8p
- 80g chocolate chips 40p
- 400ml whole milk 25p
- 75g sugar 5p
- 3 eggs 40p
- 50ml double cream 25p

Method

Pre-heat the oven to 160C/140C Fan/Gas 3. Grease an oven-proof dish with some of the butter and spread the rest on the slices of bread. Cut into triangles.

Layer the bread in the dish, overlapping the pieces of bread and sprinkling the chocolate chips between the layers.

Warm the milk until it is as hot as a cup of tea but not boiling. Stir in the sugar until it dissolves. Put the eggs in a bowl and whisk until well mixed. Whisk the cream and hot milk. Pour this mixture over the bread and gently press the bread into the liquid so it is absorbed.

Set aside for 20 minutes. Cook in the oven for 45 mins.



Pwddin bara menyyn gyda darnau siocled

- peth melys cyflym a hawdd -

Cynhwysion

Pob i 4

- 8 tafell o fara, diwrnod o oed os yw'n bosibl 16c
- 40g o fenyn neu sbred 8c
- 80g o ddarnau siocled bach 40c
- 400ml o laeth cyflawn 25c
- 75g o siwgr 5c
- 3 wy 40c
- 50ml o hufen dwbl 25c

Dull

Cynheswch y popty at 160C/140C Ffan/Nwy 3. Irwch ddysgl bopty gyda pheth o'r menyyn a rhowch y gweddill ar y tafelli bara. Torrwch y bara'n drionglau.

Rhowch y bara mewn haenau yn y ddysgl, gan orgyffwrdd y darnau o fara a thaenellwch y darnau siocled rhwng yr haenau.

Cynheswch y llaeth tan ei fod mor boeth â chwpaned o de ond heb fod yn berwi. Trowch y siwgr ynddo hyd nes iddo doddi. Rhowch yr wyau mewn powlen a'u chwipio tan eu bod wedi cymysgu'n dda. Chwipiwech yr hufen a'r llaeth poeth. Arllwyswch y cymysgedd yma dros y bara a phwyswch y bara'n ysgafn i'r hylif fel y bydd yn cael ei amsugno.

Rhowch o'r neilltu am 20 munud. Pobwch am 45 munud.





Smartie Cookies

- a warm and filling dessert -

Ingredients

Makes 12

- 100g sugar 7p
- 100g butter/marg/spread 14p
- 150g self raising flour 5p
- 2 tablespoons golden syrup 9p
- 80g smarties. 80p

You can use any chocolate broken up or chocolate sweets I have used easter egg, Terry's chocolate orange, matchmakers etc.

Method

Mix together in a mixing bowl

Split in 12 equal golf ball size shapes

Place on a baking tray and cook for 12-15 mins on 180 degrees.

When you take them out of the oven they will still be soft and harden up when cooling.



Bisgedi wyau siocled

- pwdin cynnes sy'n llenwi -

Cynhwysion

Yn gwneud 12

- 100g o siwgr 7c
- 100g o fenyn/marjarin 14c
- 150g o flawd codi 5c
- 2 lwy fwrdd o driog melyn 9c
- 80g o smarties. 80c.

Gallwch ddefnyddio siocled wedi ei dorri neu felysion siocled. Rydw i wedi defnyddio wyau pasg, Terry's chocolate orange, matchmakers etc.

Dull

Cymysgwch y cyfan mewn powlen

Rhannwch yn 12 pelen cyfartal o ran maint

Rhowch ar silff bobi a choginiwch am 12-15 munud mewn 180 gradd.

Pan fyddwch yn eu tynnu allan, byddan nhw'n feddal ond yn caledi wrth iddyn nhw oeri.





Berry Flapjacks

- a healthy sweet treat -

Ingredients

Makes 12

- 150g butter 20p
- 150g sugar 10p
- 300g oats 24p
- 4 tbs honey 44p
- 100g frozen berries (mixed or pick out your favourite from the packet) 30p

Method

Preheat the oven to 180°C.

Melt the sugar honey and butter in a saucepan or in a the microwave. Stir in the oats and berries.

Line a square tin with baking paper, if you don't have any oil or butter the inside of the tin, sprinkle with flour and coat, this will stop the flapjacks sticking.



Fflapjacs mwyar

- peth melys ac iach -

Cynhwysion

Yn gwneud 12

- 150g o fenyn 20c
- 150g o siwgr 10c
- 300g o Geirch 24c
- 4 llwy fwrdd o fêl 44c
- 100g o fwyar wedi'u rhewi (cymysg neu dewiswch eich hoff rai o'r pecyn) 30c

Dull

Cynheswch y popty hyd at 180 gradd

Cymysgwch i siwgr, y mêl a'r menyn mewn sosban neu yn y popty meicrodon. Cymysgwch y ceirch a'r mwyar i mewn

Rhowch bapur mewn tun sgwâr, os nag oes papur gyda chi, rhowch olew neu fenyn y tu fewn i'r tun, taenellwch beth blawd i orchuddio, bydd hyn yn atal y fflapjacs rhag glynu.

Coginiwch am 30 munud a torrwch yn 12 darn pan y boeth, gadewch yn y tun i oeri yna torrwch eto a chodwch nhw allan.





Chocolate Orange Overnight Oats

- like cake for breakfast! -

Ingredients

Serves 1

- 60g of oats 8p
- 60mls of semi-skimmed milk 4p
- 50ml vanilla yoghurt 10p
- Half a can of tinned oranges 27p
- 30g chocolate chips 15p

Method

Mix all the ingredients together in a bowl, cover and pop into the fridge overnight- save a teaspoon of chocolate chips to sprinkle on the top before eating.



Ceirch dros nos siocled oren â ffrwyth

- teisen i frecwast! -

Cynhwysion

Pob i 1

- 60g o geirch 8c
- 60ml o laeth hanner sgim 4c
- 50ml o iogwrt fanila 10c
- Hanner can o orennau tun 27c
- 30g o ddarnau siocled bach 15c

Dull

Cymysgwch y cynhwysion i gyd mewn powlen, gorchuddiwch a gosodwch yn yr oergell dros nos - cadwch lwy de o ddarnau siocled i daenu ar ben cyn bwyta.





Blueberry Muffin

- egg and dairy free -



Ingredients

Makes 1 large muffin or
2 cup cake case size cakes.

- 50g self-raising flour 2p
- 4 tbsp fizzy water or lemonade 2p
- 2 tbsp sugar 2p
- 1 tbsp frozen blueberries or any
other frozen fruit 16p

Method

Preheat the oven to 180°C.

Put all ingredients except berries in a bowl and mix

Fold in chosen fruit

Put mixture in Muffin case (or 2 cupcake cases)

Bake for 15 mins.

You can check if the muffin is cooked by inserting a knife, if
it comes out clean it's cooked!



Myfffin Llus

- heb wyau na chynnyrch llaeth -



Cynhwysion

Yn gwneud 1 myfffin mawr 22c
neu 2 maint cacen am 11c yr un.

- 50g o flawd codi 2c
- 4 llwy fwrdd o ddŵr swigod
neu lemonêd 2c
- 2 llwy fwrdd o siwgr 2c
- 1 llwy fwrdd o lus wedi'u rhewi
neu unrhyw ffrwyth arall
wedi'u rhewi 16c

Dull

Cynheswch y popty hyd 180

Rhowch y cynhwysion i gyd heblaw'r llus mewn powlen a'u
cymysgu

Plygwch y ffrwyth yn y cymysgedd

Rhowch y cymysgedd mewn cêd Myffin (neu 2 gês cacen)

Pobwch am 15 munud

Gallwch weld a yw'r myfffin wedi'i goginio trwy roi cylllell i
mewn iddo, os yw'n dod allan yn lân, mae e wedi'i goginio.



43^p
a serving

Mexican Rice

- spicy and warming -



Ingredients

Serves 6

- Easy cook long grain rice 500g 50p
- Large onion chopped 20p
- Chopped tomatoes 400g 39p
- Frozen Peas 900g 55p
- Coriander 31g 50p
- Mixed chillies 50g 40p

Method

Cook the rice as per packet instructions

In a separate pan add the chopped onions & mixed chillies cook for 5 minutes.

Once cooked, mix the rice in with the onion and chillies

Add the chopped tomatoes, peas and coriander.

43^c
y dogn

Reis Mecsicanaidd

- sbeislyd a chynnes -



Cynhwysion

Pob i 6

- Reis graen hir 500g 50c
- Winwnsyn mawr wedi'i dorri'n fân 20c
- Tomatos wedi'u torri 400g 39c
- Pys 900g 55c
- Coriander 31g 50c
- Tsilis cymysg 50g 40c

Dull

Coginiwch y reis yn unol â chyfarwyddiadau'r pecyn

Mewn sosban ar wahân, ychwanegwch y winwns wedi eu torri a'r tsilis cymysg a choginiwch am 5 munud.

Unwaith y bydd wedi'i goginio, cymysgwch y reis gyda'r winwns a'r tsilis

Ychwanegwch y tomatos, y pys a'r coriander.





Chicken Curry

- the perfect fakeaway recipe -

Ingredients

Serves 4

- 500g chicken breast £1.75 (use Asda frozen chicken breast and defrost).
- 1 chopped onion 20p
- 1 tbsp curry powder 10p
- 1 tin of chopped tomatoes 39p
- 1 stock cube 4p
- 250ml water
- Oil/Low cal oil

Method

Heat the oil in a pan and cook the chicken for 5 minutes.

Pop in the curry powder and onion, stir and cook till the onion has softened.

Add in all the other ingredients and simmer for 40 minutes

Serve with rice, couscous or homemade chips.



Cyri Cyw Iâr

- rysait tecawê perffaith -

Cynhwysion

Pob i 4

- 500g o frest cyw iâr £1.75 (defnyddiwrch gyw iâr Asda wedi ei rewi a dadrewh)
- 1 winwsyn wedi ei dorri'n fân 20c
- 1 llwy fwrdd o bowdwr cyri 10c
- 1 tun o domatos wedi'u torri 39c
- 1 ciwb o stoc 4c
- 250ml o ddŵr
- Olew/olew kalori isel

Dull

Cynheswch yr olew mewn padell a choginiwch y cyw iâr am 5 munud.

Ychwanegwch y powdwr cyri a'r winwsyn, cymysgwch a choginiwch tan y bydd y winwsyn wedi meddalu.

Ychwanegwch y cynhwysion eraill i gyd a mudferwch am 40 munud

Gweinwch gyda reis, couscous neu sglodion cartref.





Pizza with Sausage Meatballs

- a taste of Italy -

Ingredients

Serves 2

- 500g self-raising flour 15p
- 250ml water
- 2 sausages (meat free also works) 50p (10p if using frozen)
- 1 tsp Red pesto or tomato ketchup mixed with half a teaspoon of garlic paste. 20p
- 1 ball mozzarella 49p

Method

Add flour to the bowl and stir in water with a fork, until you have a dough. Take it out and knead for a couple of minutes, before rolling out with a rolling pin.

Spread the base with pesto or tomato ketchup and garlic.

Squeeze the meat out of the sausages and roll into balls, brown in a frying pan.

Place the sausage meatballs on to the base and break up the mozzarella and place in between the meat balls.

Cook in an oven preheated to 180°C for 10 mins.



Pitsa gyda pheli cig selsig

- blas yr Eidal -

Cynhwysion

Pob i 2

- 500g o flawd codi 15c
- 250ml o ddŵr
- 2 selsigen (mae di-gig yn iawn hefyd) 50c (10c os ydyn nhw wedi'u rhewi)
- 1 llwy de o besto coch neu saws tomato gyda hanner llwy de o bâst garlleg. 20c
- 1 belen o mozzarella 49c

Dull

Ychwanegwch flawd i'r bowlen a chymysgwch ddŵr ag e gyda fforc, tan bydd gennych does. Cymerwch y toes a gweithiwch e am ychydig o funudau, cyn rholio gyda rholbren.

Lledaenwch besto neu saws coch a garlleg ar y toes.

Gwasgwch y cig allan o'r selsig a'i rollo'n beli, browniwh mewn padell ffrio.

Rhowch y peli ar y toes, torrwh y mozzarella a gosodwch ef rhwng y peli cig.

Coginiwch am 10 munud mewn popty wedi ei gynhesu'n barod at 180 gradd.





Sausage Pie

- perfect for Sunday lunch -



Ingredients

Serves 4

- 8 sausages £1.99 (meat free or vegetarian sausages also work, can be made cheaper by using frozen sausages at £1 for 20)
- 900g mashed potatoes (frozen mash works well for this as a time saver) 90p
- 100g onion gravy granules

Method

Cook sausages according to instructions. Cook frozen mash or boil 900g potatoes unpeeled but washed for around 20 mins (the smaller you cut them the quicker they will cook!)

Make up gravy according to instructions on packet.

Place sausages in casserole dish, pour over gravy top with mash. Place in an oven preheated to 180 and cook until mash is golden. Serve with frozen peas, tinned carrots or mixed veg.



Pastai Selsig

- perffaith i ginio dydd Sul -



Cynhwysion

Pob i 4

- 8 o selsig £1.99 (mae selsig di-gig neu lysieuol hefyd yn gweithio, gall fod yn rhatach o ddefnyddio selsig wedi'u rhewi am £1 am 20)
- 900g o datws stwnsh (mae stwnsh wedi'i rewi'n dda i arbed amser) 90c
- 100g o ronigion greffi winwns

Dull

Coginiwch y selsig yn unol â'r cyfarwyddiadau. Coginiwch y stwnsh wedi ei rewi neu berwch 900g o datws heb eu plicio ond wedi'u golchi am ryw 20 munud (po leiaf y byddwch yn eu torri, mwyaf cyflym y byddan nhw'n coginio!)

Gwnewch y greffi yn unol â chyfarwyddiadau'r pecyn.

Gosodwch y selsig mewn llestr, tywalltwch y greffi dros ben a rhowch y stwnsh ar ben. Gosodwch mewn popty wedi ei gynhesu i 180 a choginiwch hyd nes bydd y stwnsh yn felyn. Gweinwch â phys wedi eu rhewi, moron tun neu lysiau cymysg.



Cheesy Chicken Yorkshire Pudding

- yes cheese and Yorkshires! -

95p
a serving

Tip
Use gravy,
sausages and mint
sauce or chicken
and bacon as
alternative
fillings.

Ingredients Method

Serves 4

- 200g plain flour 9p
- 200ml milk 16p
- 4 eggs 11p each 44p
- Pinch Salt (1p)
- 1 tbsp Oil 5p
- Cooked frozen chicken breast £1.75
- Jar cranberry sauce 59p
- 150g cheese 71p

Preheat oven to 215°C. Sieve the flour into a large bowl and add the eggs, milk and salt then whisk until you have a smooth batter. Set to one side.

Using shallow cake tins or one large roasting dish, pour the oil in and place in the oven to heat. Once the tray is heated remove from the oven and pour the batter mix into each compartment. Cook on the middle shelf for 15mins

Add 500g cooked chicken torn into chunks, place dollops of cranberry sauce around the pudding and sprinkle on the cheese.

Place back in the oven for a couple of minutes for the cheese to melt.

If you put the mixture in a frying pan you can make a Yorkshire pudding wrap, fill with any left overs to make a quick and filling lunch or dinner.

Pwddin Efrog â Chaws a Chyw Iâr

- ie - caws a phwddin Efrog -

95p
y dogn

Cyngor
defnyddiwch
grefi, selsig a saws
mintys neu gyw iâr
a chig moch
fel llenwadau
amgen.

Cynhwysion Dull

Pob i 4

- 200g o flawd plaen 9c
- 200ml o laeth 16c
- 4 wy 11c yr un 44c
- Pinsiad o halen (1c)
- Llwy de o Olew 5c
- Brest cyw iâr wedi'i goginio a'i rewi £1.75
- Pot o saws llugaeron 59c
- 150g o gaws 71c

Cynheswch y popty i 215 C. Hidlwch y blawd i bowlen fawr ac ychwanegwch yr wyau, llaeth a'r halen a chwipiawch hyd nes y bydd cyteu llyfn gyda chi. Rhewch i'r naill ochr.

Gan ddefnyddio tuniau bas i gacennau neu un llestr rhostio mawr, tywalltwch yr olew i mewn a gosodwch yn y popty i gynhesu. Unwaith bydd y tun/lestr yn gynnes, tynnwch o'r popty a thywalltwch y cyteu i bob rhaniad. Coginiwch ar y silff ganol am 15 munud

Ychwanegwch 500g o'r cyw iâr wedi ei goginio wedi ei dorri'n ddarnau, rhewch dalpiau o'r saws llugaeron o gwmpas y pwddin a gwasgarwch y cawr ar ben.

Rhowch y cyfan yn ôl yn y popty am ddwy funud i'r caws gael toddi.

Os rowch chi'r cymysgedd mewn padell ffrio gallwch wneud wrap pwddin Efrog, a'i lenwi ag unrhyw fwyd dros ben i wneud cinio blasus.



64^p
a serving

Tip
Frozen berries
make a lovely
crumble, simply
make as above, this
could even be eaten
for breakfast.

Granola Crumble

- minimal cooking required -

Ingredients

Serves 4

- 2 tins apples 79p each
- 300g granola 96p

Method

Warm the apples through in a saucepan and pour in a casserole dish. Sprinkle on the granola and warm through for a couple of minutes in an oven preheated to 180 degrees.

Serve with tinned custard or vanilla ice cream.

Tip frozen berries make a lovely crumble, simply make as above, this could even be eaten for breakfast.

64^c
faul dogn

Awgrym -
mae mwyar wedi'u
rhewi yn gwneud
crymbl blasus.
Dilynwch y camau
syml uchod. Gellid
hyd yn oed bwyta
hwn i frecwast.

Crymbl Granola

- dim llawer o goginio -

Cynhwysion

Pob i 4

- 2 dun o afalau 79c yr un
- 300g granola 96c

Dull

Cynheswch yr afalau mewn sosban a'u rhoi mewn powlen caserol. Taenwch y granola ar ben y frwyth a chynhesu am ychydig o funudau mewn popty wedi ei gynhesu ymlaen llaw i 180 gradd.

Gallwch ei weini gyda chwstard tun neu hufen iâ fanila.



38p
a serving

Traybake Omelette

- breakfast in a pan -

Tip
The mixture can be cooked in muffin cases, perfect for breakfast, add a slice of ham or bacon at the bottom if budget allows.

Ingredients

- 8 slices
- 8 eggs 96p
- 250g mushrooms 78p
- 1 red pepper 48p
- 100g cheese 78p

Method

Whisk the eggs together in a bowl.
Chop and take the seeds out of the pepper.
Wash the mushrooms and chop in half.
Stir the veg into the eggs.
Pour into a roasting dish lined with baking paper.
Place in an oven preheated to 180 degrees.
Cook for 10-12 minutes until golden.

38c
yr un

Omlled silff bobi

- brecwast mewn padell -

Cyngor
gall y cymysgedd gael ei bobi mewn papur cacennau, yn berffaith ar gyfer brecwast, ychwanegwch ddarn o ham neu gig moch ar y gwaelod os ydych yn dymuno.

Cynhwysion

- 8 tafell am
- 8 wy 96c
- 250g o fadarch 78c
- 1 pupur coch 48c
- 100g o gaws 78c

Dull

Chwipiwich yr wyau mewn powlen.
Torrwch y pupur a thynnwch yr hadau allan.
Golchwch y madarch a thorrwch nhw yn eu hanner.
Cymysgwch y llysiau gyda'r wyau.
Tywalltwch i lestr rhostio gyda phapur pobi.
Gosodwch mewn popty wedi ei gynhesu at 180 gradd.
Coginiwch am 10-12 munud hyd nes bydd wedi melynau.





Corned Beef Stew

- traditional favourite -



Ingredients

Serves 4

- 1 tin corned beef £1.59
- 1 small onion (or handful frozen onion) 20p
- 1 tin carrots 49p
- 1 tin of potatoes. 50p
- 1 tin beans 24p
- 1 stock cube 3p

Method

Dice the corned beef into cubes

Chop onion

Put all ingredients in a pan with the crumbled stock cube and just enough water to cover (the bean juice will give you some liquid)

Bring to the boil, turn down and simmer until the mixture is warmed through.



Cawl Corn-biff

- ffefryn traddodiadol -



Cynhwysion

Pob i 4

- 1 tun o gorn-biff £1.59
- 1 winwsyn bach (neu lond llaw o winws wedi'u rhewi) 20c
- 1 tun o foron 49c
- 1 tun o datws 50c
- 1 tun o ffa 24c
- 1 ciwb o stoc. 3c

Dull

Torrwch y corn-biff yn giwbiau

Torrwch y winwsyn yn fân

Rhowch y cynhwysion i gyd mewn sosban gyda'r ciwb stoc wedi'i falu a dim ond hynny o ddŵr sydd ei angen i'w gorchuddio (bydd sudd y ffa'n rhoi peth hylif)

Berwch, gostyngwch y gwres a mudferwch tan y bydd y cymysgedd wedi'i gynhesu'n llwyr.





Sloppy Joes



- bolognese in a bun -

Ingredients

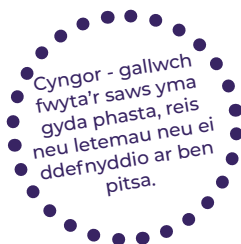
- Serves 6
- 400g mince £2.50
 - 2 tins tomatoes 78p
 - 1 small onion 20p
 - 2 tsp garlic paste 15p
 - 2 tbsp brown or bbq sauce 3p
 - 6 bread rolls 75p
 - Cheese slices 36p

Method

Fry the onion and garlic in a pan (use a tiny bit of oil if needed).
Once the onion is soft fry the mince until it browns all over.
Add the tomatoes and brown sauce and simmer for 10 to 15 mins until the sauce has thickened.
Share the mince between the 6 buns and add the cheese slice in top of the mince.



Sloppy Joes



- bolognaise mewn bara -

Cynhwysion

- Pob i 6
- 400g o friwgig £2.50
 - 2 dun o domatos 78c
 - 1 winwsyn bach 20c
 - 2 lwy de o bast garlleg 16c
 - 2 lwy fwrdd o saws brown neu farbeciw 3c
 - 6 rhôl bara
 - Slesiau caws 36c

Dull

Ffriwch y winws a'r garlleg mewn sosban (defnyddiwch ychydig bach o olew os oes angen).
Unwaith bydd y winws yn feddal, ffriwch y briwgig hyd nes y bydd yn frown i gyd.
Ychwanegwch y tomatos a'r saws brown a mudferwch am ryw 10 i 15 munud hyd nes bydd y saws wedi tewhau.
Rhannwch y briwgig rhwng y 6 torth ac ychwanegwch y caws ar ben y briwgig.



Sweet + Savoury filled pancakes

4^p
a serving

Tip
If you use self raising flour you will get a slightly thicker more American style pancakes.

Ingredients

Makes 6 thin pancakes

- 1 mug plain flour
- 1 mug milk
- 1 egg

Method

Pancakes are one of the cheapest meals you can make.

Pancakes can be eaten for breakfast, lunch and dinner and even make a filling snack.

Make your pancakes by placing your frying pan on the heat and adding a little vegetable oil. Pour some of your mixture in and cook for around a minute one each side.

Why not fill with some of your left overs, such as diet coke chicken, mixed bean chilli or Mexican rice?

Fillings

1 tsp chocolate spread, sliced fruit such as strawberries or tinned oranges

Sprinkle of cheese, couple of slices of ham

Tomato ketchup, cheese, ham & pepperoni

Pancos Melys a Sawrus

4^c
yr un

Tip
If you use self raising flour you will get a slightly thicker more American style pancakes.

Ingredients

Makes 6 thin pancakes

- Un mwg o flawd plaen
- Un mwg o laeth
- Un ŵy

Method

Mae pancos yn un o'r prydau bwyd rhataf y gallwch eu gwneud. Mae llawer o ryseitiau ar gael ond y symlaf yw un mwg o flawd plaen, un mwg o laeth ac un ŵy, wedi eu cymysgu gyda'i gilydd. Mae hyn yn gwneud rhyw 6 o bancos tenau am bris o rhyw ddwy geiniog yr un.

Gellir bwyta pancos i frechwast a chinio ac maent yn gwneud byrbryd sy'n eich llenwi hefyd.

Gwnewch eich pancos drwy roi eich padell ffrio ar y gwres ac ychwanegu ychydig o olew llysiau. Tywalltwch beth o'r gymysgedd i mewn a choginio am rhyw funud bob ochr.

Gallwch hefyd eu llenwi gyda pheth o'r bwyd dros ben, fel cyw iâr côc diet, chilli ffa cymysg neu reis Meccicanaidd?

D'w llenwi

1 llwy de o bast siocled, sleisys o ffrwythau fel mefus neu orengau tun.

Ychydig o gaws a sleisen neu ddwy o ham.

Saws tomato, caws, ham, pepperoni.



Meal plans



Eat for under £1 per day

Breakfast - Pancakes around 10p for 2 served with fried banana (15p) or apple (23p)
Lunch - Frozen Vegetable Soup 23p
Dinner - Lemony Pea Pesto Pasta 20p
Snacks - Flapjack 11p / Orange 11p



Eat for under £1.50 per day

Breakfast - Blueberry Muffin 22p
Lunch - Garlic Pasta with Sweetcorn 23p
Dinner - Mixed Bean Chilli 51p, Plain Rice 3p
Snacks - Banana 15p / Flapjack 11p / Orange 11p



Eat for under £2 per day

Breakfast - Baked Oats 44p
Lunch - One Pot Cheesy Pasta 42p
Dinner - Corned Beef Stew 76p
Snacks - Banana 15p / Apple 23p

Cynlluniau bwyd



Bwyta am lai na £1 y diwrnod

Brecwast - Pancos tua 10c i 2 gyda banana wedi ei ffrio (15c) neu afal (23c)
Cinio Bach - Cawl llysiau wedi'i rewi 23c
Cinio - Pesto pys a lemon 20c
Byrbrydau - Fflapjac 11c / oren 11c



Bwyta am lai na £1.50 y diwrnod

Brecwast - Myffin llus 22c
Cinio Bach - Pasta garlleg gydag india-corn 23c
Cinio - Chilli ffa cymysg 51c Reis plaen 3c
Byrbrydau - Banana 15c/ Fflapjac 11c / oren 11c



Bwyta am lai na £2 y diwrnod

Brecwast - Ceirch wedi'u pobi
Cinio Bach - Pasta caws un pot 42c
Cinio - Stiwn Corn-biff 76c
Byrbrydau - Banana 15c / afal 23c

Recipes developed by
Rebecca Smith,
Healthy Blaenavon Officer,
Hannah Lewis, Hwb
& Jake Harbidge-Morgan,
Newbie Chef

Datblygwyd y ryseitiai gan
Rebecca Smith,
Healthy Blaenavon Officer,
Hannah Lewis, Hwb
& Jake Harbidge-Morgan,
Newbie Chef



Funded by
Create Community Food Fund

Ariannwyd gan
Create Community Food Fund

Designed and printed by
Dyluniwyd ac argraffwyd gan

LAF+DESIGNS
GRAPHICS · PHOTOGRAPHY · PRINT
www.lafdesigns.co.uk