

\$50 Emergency Menu

**Curried
Sausages**

**Spaghetti
Meatballs**

**Pumpkin
Lentil
Soup**

**Chickpea
Patties**

**Bread n
Butter
Pudding**

**Sausage
Stew**

**Vegetable
Tempura**

Shakshukah

Recipes

Curry Sausages

8 Sausages
1 onion
2 cups of chick peas cooked as per instructions
1.5 cups rice
1 tb Curry Powder
1 can coconut milk
1 tb flour
*

Fry onions and sausages in oil until soft.
Take out the sausages and chop into pieces.
Add curry powder and flour to frying pan and onions, and stir until fragrant. Add the sausages and coconut milk and cook until sauce is thick.
Season with salt and pepper. This dish also shines with a little bit of sugar. Serve with cooked rice.

Sausage Stew

8 sausages
1 Onion
2 Carrots cut into coins
4 - 5 potatoes (mashed potato)
Butter (mashed potato)
Milk (mashed potato)
French Onion Soup
*

Cook the sausages and onion. Chop sausages into pieces.
Cook the potatoes in boiling water and make mashed potato. Add carrots, French onion soup, and 1 cup of water and to the frying pan. When the carrots start to soften, add the sausages back to the pan. Serve with mashed potatoes.

Vegetable Tempura

2 potatoes
2 carrots
1 onion
1 cup flour
3/4 cup ice water
Rice

Slice the vegetables into thin sticks. Heat the oil for frying, and mix together the water and egg in a bowl. Add the flour and a pinch of salt and whisk. It should be like cream. Add iced water to loosen if needed. Mix the vegetables into the batter. Drop small handfuls of veggies into the oil and fry until golden brown and cooked. If you have some soy sauce and sugar, you can make a drizzle sauce, or use sweet chili or any sauce you like.

Spaghetti Meatballs

1 x 500gs Spaghetti
1 onion
8 sausages
1 cup lentils
Pasta Sauce
*

Cook pasta as per directions. Cook sausages, and chop into pieces. Fry the onion. Add the sausage pieces and then add the pasta sauce. Be sure to scrape all the yummy bits!

Pumpkin Lentil Soup

1 cup lentils cooked according to packet instructions
1 pumpkin peeled, cubed
1 onion chopped
2 potatoes cubed
*

Fry the onion in oil. Add the cubed vegetables and fry for a few minutes. Add water to cover and simmer until vegetables are well cooked. Blend/mash and add water until a soup consistency is reached. Add the cooked lentils and bring back to temperature. Season to taste.

Chickpea Patties

2 cups cooked chick peas according to the back of the packet.
2 cooked potatoes
2 grated carrots
Salt and pepper
*

Mash the potato and chick peas. Add the grated carrot and mix together with your hands. Make sure the mix is really worked together. Shape into patties and shallow fry. Serve with the hamburger buns with sweet chili sauce if you have it, or any kind of sauce you like!

Porridge for 1

1/3rd cup rolled oats
2/3rd cup of water
½ a pinch of salt, just a tiny bit
*

Stir and heat for 2 minutes. Stir and cook one more minute. Serve with a splash of milk and a sprinkle of sugar. Use skim milk for a creamier porridge.

Recipes

Shakshukah

1 – 2 Onions

2 x cans of tomatoes

1 cup cooked chickpeas

6 eggs (2 for adults and 1 for each child)

Any herbs you might have, Italian herbs are great.

Bread

Oil

*

Fry the onion until soft. Add the tomatoes, chickpeas and herbs. Season to taste. If the tomatoes are a little bitter, add a little bit of sugar. When it's piping hot, you can use a spoon to make little holes and break the eggs into the holes one at a time. You can put a lid on the frying pan to cook, or else you can put it in the oven in an oven proof dish, or even in individual dish.

Serve with toast!

Lunch Tips

1 loaf of bread should make 11 sandwiches

*

Spaghetti and Meatballs should produce two - four left over meals.

*

Sausage Stew and Curried sausages can be stretched by adding more vegetables.

*

Note that this is not a long term plan

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This is an emergency plan only. No dietary requirements will be met in this meal plan, there is no way it is healthy for long term use.

Bread and Butter Pudding

8 slices of bread, crusts cut off.

4 eggs

½ cup sugar

2 cups milk

1 tsp vanilla if you have any

Butter

*

Butter a casserole dish and both sides of the bread. Mix together the remaining ingredients and pour over the bread. Allow to sit for 10 – 30 minutes and then cook in a moderate (180 degree oven) until cooked. It will rise in the centre but fall down when the heat is turned off. Serve with icecream if you have any!

Assumptions

*

2 adults and 2 children

*

You already have:

Salt

Pepper

Vanilla

Flour

Curry Powder

Sauce (sweet/chili/bbq)

Coffee/tea

No allergies or food requirements

shopping List

- 24 Sausages
- 1 packet dried chickpeas
- 1 packet dried green lentils
- 1 kg rice
- 6 Hamburger Rolls
- 1 tb Curry Powder
- 1 can coconut milk
- 1 x 500gs Spaghetti
- Pasta Sauce
- 1 kg Onion
- 1 kg Carrots cut into coins
- 2 kg potatoes
- Butter
- Milk
- French Onion Soup
- 1 pumpkin peeled, cubed
- 2 x cans of tomatoes
- 1 cup cooked chickpeas
- 12 eggs
- 2 x Loaves of Bread
- Oil
- Rolled oats

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**What did
you think?**

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Hope you
enjoyed this as
much as I loved
making it!



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