

The Food Bank FIRST: *Four-Ingredient Recipes for Stove-Top*



Recipes contributed by United Church Women's Groups.

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Guidelines for FIRST

The guidelines used in collecting these recipes were as follows:

1. All ingredients must be non-perishable, inexpensive, available from most food banks, and widely liked.
2. Recipes must be “stove top” as user may not have an oven.
3. Recipes should have no more than four ingredients – excluding water, oil, spices, and other flavourings (a couple of recipes have an extra ingredient or two).
4. Cooking time should be half an hour or less.



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Notes from Neal Glauser, RD

Meeting Your Nutritional Requirements


You can meet all of your nutrition requirements when using a food bank; the key is to follow a balanced diet using the foods that are available to you. Are you wondering what a balanced diet is? Take a look at Canada's Food Guide to Healthy Eating. Canada's Food Guide to Healthy Eating provides information on how many servings a day you need from the four food groups to meet your nutrition needs. Copies of this guide can be found online at www.healthcanada.gc.ca/food_guide or at your Public Health Unit. Many food banks offer a variety of foods from these four food groups, making it possible to meet the recommendations of Canada's Food Guide to Healthy Eating. The chart on the following page lists foods from the four food groups that are often found in food banks. Use this chart to help you meet your nutrition needs by choosing the recommended number of servings from these food groups.

Tips for Following a Low Salt Diet Using Food Found in a Food Bank

Some people follow a low-salt diet. A physician or dietitian may suggest this if you have high blood pressure, kidney stones, kidney disease, or another condition that requires reduced salt intake.

Foods from a food bank are often high in salt. Why is this? Canned or packaged foods, which make up a large portion of foods available at a food bank, are often high in salt. For people that do not need a low-salt diet, this does not pose a problem. Those that are on a low-salt diet, however, may want to choose some of the lower salt foods from the food bank. For information on low-salt food choices visit www.dietitians.ca (click on Eat Well, Live Well). Note that when using canned foods, you can reduce the amount of salt you consume by draining out the liquid from the can and rinsing the food thoroughly with water.

Tips for Following a Low Saturated/Trans Fat Diet Using Food Found in a Food Bank

Some people with high cholesterol levels are advised by their physician or dietitian to consume a diet low in saturated and trans fat. A diet low in saturated and trans fat can help reduce cholesterol levels. The food bank offers a wide variety of foods that are low in saturated and trans fat. For information on making food choices that are low in saturated and trans fat, visit www.dietitians.ca (click on Eat Well, Live Well). The recipes in this booklet that are low in saturated and trans fat are marked with a  for your convenience.

Using Canada's Food Guide to Meet your Nutrition Needs at a Food Bank

Try to consume at least the minimum number of servings from the four food groups each day. Some foods found in the food bank are considered more complete meals (i.e. they contain more than one food group). Some examples of these include canned stew, ravioli, hearty soups and chili.

Food Group & Recommended Number of Servings per Day	Examples of 1 serving size	Often found at the food bank	Sometimes found at the food bank
Meats & Alternatives 2-3 servings/day	<ul style="list-style-type: none"> ▪ 2 tbsp peanut butter ▪ ¾ cup of beans or legumes ▪ 2.5 oz or ½ cup of meat, poultry or fish ▪ 2 eggs 	<ul style="list-style-type: none"> • Peanut butter • Canned beans/legumes • Canned meats, poultry or fish • Canned chili 	<ul style="list-style-type: none"> • Frozen meats • Eggs • Meat alternatives (vegetarian)
Grain Products 6-8 servings/day	<ul style="list-style-type: none"> ▪ 1 slice of bread ▪ ½ cup cooked rice or pasta ▪ ¾ cup of cereal ▪ 4-6 crackers 	<ul style="list-style-type: none"> • Dried rice • Dried or canned pasta and noodles • Cereals • Crackers • Breads • Granola bars • Pancake mix 	<ul style="list-style-type: none"> • Bread-related products (eg. bagels, pitas, etc.)
Milk & Alternatives 2-3 servings/day	<ul style="list-style-type: none"> ▪ 1 cup of milk or soy milk ▪ ¾ cup of yogurt ▪ 1.5 oz of cheese 	<ul style="list-style-type: none"> • Evaporated milk • Powdered milk • Cheese spread • Cream soups 	<ul style="list-style-type: none"> • Cheese • Yogurt • Soy milk
Fruits & Vegetables 7-10 servings/day	<ul style="list-style-type: none"> ▪ ½ cup canned or frozen vegetables ▪ 1 cup of raw vegetables ▪ ½ cup of fresh/frozen fruit or fruit juice 	<ul style="list-style-type: none"> • Fruit juices • Canned vegetables • Canned fruits • Canned vegetable soups • Tomato sauce 	<ul style="list-style-type: none"> • Frozen vegetables • Dried fruits • Fresh vegetables
Fats & Oils 30-45 mL/day	<ul style="list-style-type: none"> ▪ 1-2 tbsp canola oil ▪ 2-3 tbsp soft margarine 	<ul style="list-style-type: none"> • Salad dressings • Vegetable oils 	<ul style="list-style-type: none"> • Margarine • Whipped salad dressing

Soups

(Recipes low in saturated or trans fat are marked with a ♥)

♥ Hearty Bean & Barley Soup by Norma

- 2 cups of water
- 1 can of tomatoes
- 1 cup of barley
- 1 can of beans (any kind)
- 1 can of mixed vegetables

Place tomatoes, water and barley in large pot. Bring to a boil, then reduce heat and simmer until barley is tender (one hour or less.) Add beans and mixed vegetables. Heat and serve.

If available, you can add one beef or chicken bouillon cube, and/or onion or garlic powder or flakes, and/or pepper - when cooking the tomatoes, water and barley.

♥ Minestrone Rice by Mark

- 3-4 cups of white rice
- 6-8 cups of water
- 1 package of dried minestrone soup mix

Put rice, minestrone soup mix and water in a large pot and bring to a boil. Reduce the heat to a simmer and cover for approximately 45 minutes or until the rice has absorbed the majority of the water.


♥ Soup Pot Italiano by Kim and Bill

- 1-398ml can of baked beans
- 1-398ml can of stewed tomatoes, diced
- 1-284ml can of mushrooms, drained
- 1-284ml can of beef bouillon, or
- 1 package beef OXO plus 1 cup water
- 1 cup white rice

Add beans, tomatoes and juice, mushrooms, and bouillon. Bring to a boil. For a true one pot meal, add rice, cover and simmer for 15-20 minutes until rice is cooked. You can add cooked sausage.



Salads

(Recipes low in saturated or trans fat are marked with a )

Greek Pasta Salad by Joy

12 oz bag of spiral pasta
15 oz can of three bean salad (with liquid)
4 oz can of black olives (drain liquid)
1 can of vegetables of your choice, drained

Cook pasta according to directions. Add rest of ingredients. If available, sprinkle with a dash of Parmesan cheese.

German Potato Salad by Sally

2 cans of potatoes
1 small onion
¼ cup of oil
¼ cup of vinegar

Cut potatoes into bite-sized chunks. Chop onion into small pieces. Sauté chopped onion in oil then add potatoes. Cook for a few minutes. When very hot, add vinegar. You can add a little sugar if you want. Serve hot or cold.

Peas and Carrots Salad by Athena

1 can of peas
1 can of carrots
2 tbsp salad dressing

Drain veggies thoroughly, mix in a large bowl and add your favorite salad dressing, ie. Italian, ranch, parmesan, pepper.


Tuna Macaroni Salad by Chris and David

2 ½ cups of macaroni
1 can of tuna
1 can of cream of mushroom soup

Cook macaroni according to package directions. Add tuna and mushroom soup to cooled macaroni. Salt and Pepper to taste. Tuna may be replaced with any other canned or flaked meat. And you can substitute another creamed soup – such as cream of celery.



Main Meals

(Recipes low in saturated or trans fat are marked with a )

Can Can Chilly by Violet

1 can of drained kidney or pinto beans
1 can of tomato sauce
1 can of green beans
Onion and/or garlic powder to taste
Chili powder and pepper to taste

Heat all ingredients together on medium for 10 minutes to blend flavours. Add a bit of water while cooking if it gets too thick or begins to stick in the bottom of the pot.

Canned Salmon Patties by Nancy

1 can of salmon (about 8-10 oz)
1/2 to 1 cup crushed saltine crackers
1 egg (may use Just Whites)
1 small can of vegetables – your choice
1/4 cup chopped onion
Salt and pepper to taste.

Drain canned salmon and reserve the liquid. Combine ingredients in a bowl and shape into 4 salmon patties. Sauté patties in margarine, liquid vegetable oil or vegetable oil spray until brown on both sides. Serve with instant mashed potatoes, canned peas, and tartar sauce (mayonnaise and relish).

Cheese & Tuna-Mac by Ginevra

1 box of macaroni and cheese (7.25 oz.)
1 can of tuna, drained
¼ cup of milk (usually from non-fat powdered milk)
Vegetable oil
1 can of peas, drained
Salt and pepper to taste.


Cook pasta in water until tender. Drain macaroni, add milk and contents of sauce packet (add just a little oil if you need to in order to dissolve the powder). Mix well. Add the tuna and peas, drained. Mix the ingredients well, salt and pepper to taste and serve immediately.

Chicken Spaghetti by Jen

1 pound spaghetti
1 can cream of chicken soup
1 can of cheddar cheese soup
1 can of tomato soup
1 can white chicken (like in a tuna can)

Cook and drain spaghetti and return to large pot. Add canned ingredients, warm and serve.

Main Meals

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Chicken Stir-Fried Ramen

1 (3-oz.) package chicken flavor ramen soup mix
½ cup chopped onion
1½ tbs vegetable oil
1 can cooked chunk chicken, drained
¼ cup of canned peas or mixed vegetables

Cook the ramen noodles separately according to package directions, reserving the flavoring packet for use below. Drain and keep warm. While cooking the noodles, sauté the onion in a large frying pan until onion is soft. Add drained, chunked chicken and heat until warmed through. Stir in the contents of the ramen soup flavoring packet, and combine until mixed. Add the cooked, drained ramen noodles and peas. Toss until coated. If available, top with grated Parmesan cheese and parsley.

Chili Con Carne by David and Chris

1 can of chili beans and sauce
1 can of stewed or diced tomatoes
1 can of red kidney beans or baked beans


Mix all ingredients together and heat well. Try serving this dish with toast and carrot sticks. If available - add precooked chopped meat or precooked hamburger and 1 fried onion.

Classic Stove-top Tuna Casserole by Neal

1 can of cream soup
1 can of tuna
½-1 bag of pasta (any type)
1 can of vegetables

Cook pasta in a large pot of boiling water until pasta is soft. To another pot, add 1 can of cream soup, ½ can of water, 1 can of tuna (drained), 1 can of vegetables (drained). Mix all ingredients together. Bring mixture to a boil and allow to simmer while pasta is cooking. (Note: you can add additional water if the soup mixture becomes too thick.) Add salt and pepper to taste. Drain cooked pasta and add to soup mixture. Mix together and serve.

Main Meals

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Corned Beef Hash by Donna

1 can of corned beef
5 medium potatoes (or 2 cans potatoes)
½ onion, chopped
1 can vegetables, drained

Dice potatoes and fry in skillet with oil until almost crispy. Add onions and cook for a few minutes. Break up corned beef and add to pan. Cover and cook for several minutes. Corned beef will melt into mixture and start to fry. Add drained vegetables. Remove lid and stir once in a while, add salt and pepper to taste.

Corny Casserole by David and Chris (modified)

1 onion
1 can of flaked ham
1 can of diced or stewed tomatoes
1 can of kernel corn
1 pkg. of croutons or several slices of stale bread

Sauté onions and flaked ham in lightly oiled pan. Add the corn and tomatoes with the juice. Crush the package of croutons then add to the pan. Mix everything together, add salt and pepper to taste. If available, wieners or other meat can replace the ham.

Mushrooms & Beans by Michael

1 can of cream of mushroom soup
1 can of green beans

Mix together in a pan. Heat & serve. Great with garlic bread!

Rice and Beans by Sandy

2 cups of rice
2 large cans of red kidney beans
1 small can of 'little white beans'
1 48 oz. jar of spaghetti sauce

Cook rice. Add rest of ingredients and simmer until it's hot or until you're ready to eat. Season to taste with chili and garlic powder. Stir and add a little water as needed.

Rice in Sauce by David and Chris

1 cup dry rice
1 can of pasta sauce
1 onion, diced
1 can brown beans, drained and rinsed

Sautee onion over medium heat with 1 tsp of oil, then add beans and sauce. Cook rice according to package directions. When heated, pour sauce over rice in the dish. If available, add pieces of pre-cooked meat and peppers.

Main Meals

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Sweet and Sour Spam by Karen

½ cup brown sugar
2 tsp corn starch
1 can of pineapple chunks
1 cup of water
2 tsp vinegar
1 can of Spam
Prepared rice

Combine sugar, corn starch, pineapple juice, water and vinegar in a saucepan. Stir over heat until it boils and thickens. Add Spam and pineapple and heat through. Serve over cooked rice.

Ten Minute Italian Meal by Alice

1 fresh zucchini, grated
1 can of Italian-Style tomato sauce
1 can of diced tomatoes
1 can of kidney beans
3 cups of instant rice

Mix everything together and heat until the rice is tender. You may need to add some more water. Garnish with Parmesan cheese.

Tomato Macaroni and Cheese by Alice

2 cups of macaroni
1 can of cheese soup
1 can of diced tomatoes

Cook macaroni and drain, reserving about 1 cup of macaroni water. Return half of the reserved water to the pan. Layer macaroni, cheese and tomato back into the pan. Cover and let simmer until cheese has melted, approximately 5-10 minutes. Add more water if needed to keep everything moist.

Tomato Pasta by Linda

2 cups of cooked pasta
1 can of tomatoes
1 pinch of black pepper
2 tbsp of butter

Cook pasta until soft. In another pot add 1 can of tomatoes and 2 tbsp of butter and a pinch of black pepper and heat until the butter melts. Add pasta and tomatoes together.

Desserts

Citrus-Mallow Salad by Karen

1 can of pineapple chunks, drained
2 cans mandarin oranges, drained
1 can tropical fruit chunks, drained
1-2 cups mini marshmallows
2 bananas, if you have them

Toss all together and serve at room temperature or cold. In the winter it brightens up dinner a bit.

Jello Treat by Chris and David

1 small package of jello (any flavour)
1 can of fruit – peaches or pears work best

Drain the juice off the fruit and save. Place jello powder in a bowl and stir in 1 cup of boiling water until dissolved. Add cold water to the fruit juice until you have one cup. Add to jello mix and stir. Place in fridge until almost set, then add the fruit and mix in. Return to fridge to finish setting process.

Optional: Cool whip or marshmallows mixed in after jello sets or Cool whip or ice cream dabbed on top.

Peanut Butter Balls by many contributors

1/4 cup honey
1/3 cup peanut butter
1/2 cup powdered milk

Mix these ingredients together and shape into balls and EAT! If available, you can add 1/3 cup coconut. You can also experiment by adding protein powder for some of the powdered milk.



Food Banks in Canada

The first food bank in Canada opened in Canada in 1981. Today, there are more than 630 food banks across the country with an additional 2,648 agencies helping hungry people nationwide.

Close to 800,000 different people turn to a food bank for emergency food supplies each month; agencies serviced by food banks serve 2.29 million meals a month.

Child Poverty

39% of food bank recipients are children and estimates suggest that 56% of households accessing food banks are families with children. More than 1 million Canadian children are living in poverty today.

Seniors

Seniors accounted for 6.4% of food bank users. 40% of all seniors living alone are poor; 45.6% of senior women living alone are poor.

Food Bank Recipients

Most food banks recipients receive social assistance; many others are working poor, receiving disability income or other income support such as Employment Insurance; some have no income at all.

Food Bank Services

Many food banks offer more than just food—food banks also provide advocacy services for people in need: helping them with landlord-tenant issues; income assistance applications; training programs; etc.

