

# St. Paul's Cooking Class Crew

## Bulking up minced meat

**Cheaper, healthier, makes mince go further, very filling, good for the planet!**

- **Breadcrumbs**

- Fresh: Tear old white bread into pieces and blitz using a food processor or hand blender until breadcrumbs are the size you want. *Will keep in an airtight container at room temperature for up to a week.*
- Dried: Tear the bread into pieces and bake in a low oven until they are completely dried out. Blitz using food processor or hand blender. *Can keep chilled for up to two months, or frozen for six months.*

- **Lentils**

- Red* - soak up water and thicken sauces
- Yellow* - adds colour and keep their shape
- Green* - adds colour and keep their shape
- Brown* - keep their shape and blend in well so harder for kids to spot.
- Tinned brown/green lentils* - easy to use.
- For every 500g of ground beef, you can substitute 150g of dried, uncooked lentils.

- **Soy mince** - mix 1/3 of hydrated soya mince with 2/3 of mince

- **Grated or finely chopped vegetables** like carrots, celery, garlic, onions, sweet or hot peppers, potatoes, squash, turnip, or courgettes.

- **Cooked beans** of any type, including baked beans.

- **Cooked barley or bulgur wheat**

- **Quinoa or couscous**

- **Mushrooms**

- **Cooked or uncooked oatmeal, or rolled oats**

- **Sun-dried tomatoes**

- **Cooked rice or pasta**

- **Add things like dough balls, Yorkshire puddings, potato scones, cobblers and savoury pancakes to meals - all cheap, filling and easy to make.**