



Eat**Right** Ontario

Food Choices

When Money is Tight

MORE RECIPES

Nutrition Tip:

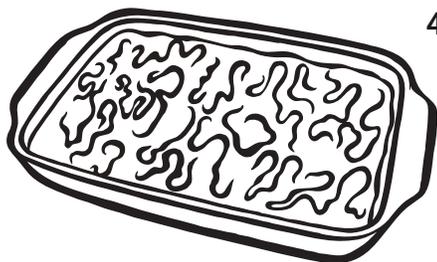
$\frac{3}{4}$ cup (175 mL) of dried lentils makes 2 cups (500 mL) of cooked lentils.

Speedy Lentil and Bean Casserole Serves 6

1 tbsp	vegetable oil	15 mL
1	large onion, chopped	1
2	celery stalks, sliced	2
1	19 oz (540 mL) can kidney beans, drained and rinsed	1
2 cups	cooked lentils	500 mL
1	19 oz (540 mL) can stewed tomatoes, drained	1
$\frac{1}{2}$ tsp	thyme	2 mL
	pepper	
1 $\frac{1}{2}$ cups	mozzarella cheese, shredded	375 mL

1. Preheat broiler.
2. In a saucepan, heat the vegetable oil over medium heat and cook the onion and celery until softened.
3. Add beans, lentils, tomatoes, thyme and pepper to taste. Bring mixture to a simmer; stirring often. Break up the tomatoes with the back of a spoon.
4. Put mixture in a casserole dish. Sprinkle the cheese over the top and put under the broiler until melted.

Adapted with permission, Community Food Advisory Program, Nutrition Resource Centre, Ontario Public Health Association.





EatRight Ontario

Food Choices

When Money is Tight

MORE RECIPES

Hearty Homemade Chili Serves 8

1 lb	ground beef	500 g
2	onions, chopped	2
1	green pepper, chopped	1
½ tsp	garlic powder	2 mL
1	28 oz (796 mL) can diced tomatoes	1
1	19 oz (540 mL) can kidney beans, drained and rinsed	1
1	19 oz (540 mL) can chickpeas, drained and rinsed	1
1	7 ½ oz (213 mL) can tomato sauce	1
1	7 ½ oz (213 mL) can mushrooms, drained	1
1 tbsp	chili powder	15 mL
1 tsp	cumin	5 mL

1. In a large saucepan, cook ground beef with onions, green pepper and garlic powder, about 5 minutes. Drain off fat.
2. Stir in tomatoes, kidney beans, chickpeas, tomato sauce, mushrooms, chili powder and cumin.
3. Bring to a boil, then cook on low heat, uncovered for about 20 minutes. Stir often.



To find answers to your healthy eating questions or get more **Food Choices When Money is Tight** factsheets speak to a Registered Dietitian at EatRight Ontario at **1-877-510-510-2** (in Ontario) or visit www.eatrightontario.ca/en/budget

Factsheet distributed by: