

Easy-Peasy Chilli Beef Soup (Gwen Scollick)

Ingredients.

½ to 1kg Minced Beef
1 Can Mild Chilli Beans
1 Onion chopped
2 Cans Whole Tomatoes
1 Can Condensed Tomato Soup
¼ tsp Chilli Powder
1 Can Medium Chilli Beans
1-1 ½ Cans water (used from rinsing cans).



Method.

Set Crockpot onto low to start heating, then put a little oil in a pan and soften onion, put into Crockpot, then brown minced beef. Add to Crockpot, then add the rest of the ingredients and cook on low for a day.

Very tasty and can be eaten with buttered rolls.

If wished this chilli-beef can be served as a meal and poured over rice with vegetables.

PORK AND KUMARA CASSEROLE (Women's Institute Magazine)

450g Pork pieces
2-3 large kumaras
2-3 cooking apples
¼ cup orange juice
¼ tsp nutmeg
Salt and pepper to taste



Method

Brown the pork in a hot pan and transfer them to a casserole dish.

Peel and slice the apples and place them on top of the pork pieces.

Peel and slice the kumaras and place them on top of the apples.

Pour over the orange juice and season with salt and pepper.

Bake in oven at 180° C for approx 1 hour or until tender.

DIABETIC "FRUIT LOAF" (Women's Institute Magazine)

½ cup chopped dates
1 cup water
¼ tsp baking soda
1 egg beaten



¼ tsp vanilla essence
½ cup dried apricots chopped
2 cups self-raising flour
1 tbsp margarine
1/2 cup skim or trim milk

Method

In small saucepan simmer dates and apricots in water 5-10 minutes, until softened. Cool.

In large bowl sift flour and baking soda then rub in margarine until crumbly. Add cooled fruit mixture, egg, milk and vanilla. Beat well with a wooden spoon until just mixed.

Bake at 190°C for 30-35 minutes in paper lined loaf tin. Cool in tin briefly then turn onto rack and cool completely.

Wrap and store overnight before cutting.

DIABETIC BRAN MUFFINS (Women's Institute Magazine)

1 cup flour
1 tsp baking powder
Pinch salt
¼ tsp mixed spice
1 cup bran flakes
2 tbsp raisins or sultanas
1 cup milk
1 egg beaten
1 tbsp butter
1 tbsp golden syrup
1 tsp artificial sweetener
1 tsp baking soda



Method

Sift together all dry ingredients except bran and soda. Add bran and sultanas or raisins.

Dissolve baking soda in milk. Beat egg with a fork and mix with milk. Melt butter, golden syrup and sweetener. Add milk and egg mixture. Combine well.

Make a well in the centre of the dry ingredients and pour in liquid mixture. Mix quickly with a wooden spoon. Mixture should be still slightly lumpy.

Spoon equal amounts into 12 lightly greased muffin pans. Bake at 210° C for 15-20 mins.