



Overcoming  
MS

Real food for real budgets

|                                 |    |
|---------------------------------|----|
| Healthy eating on a budget..... | 3  |
| Top tips.....                   | 4  |
| Store cupboard ingredients..... | 5  |
| Meal ideas.....                 | 6  |
| Weekly meal plan.....           | 8  |
| Breakfast recipes.....          | 9  |
| Lunch recipes.....              | 15 |
| Dinner recipes.....             | 21 |
| Useful information.....         | 29 |



# Healthy eating on a budget

**Eating healthy food is often seen as being too expensive if you are on a low income, reliant on food banks or have limited cooking facilities. However, with the right combination of ingredients along with a few store cupboard staples, you can eat tasty, OMS friendly food with the smallest of budgets.**

The meal plan and recipes in this booklet are simple but tasty as well as family friendly. If you have low energy, they also take minimal input and time. Making the most of frozen vegetables means you don't have to waste energy chopping and preparing food. Frozen vegetables retain their nutrients as they are packed shortly after harvesting. They also make portion control easier and create less food waste in the home.

All the main meals are for four people (check serving size for breakfast and lunch). Halve the amounts to cook for two or keep leftovers for another day. Check the serving size for breakfast and lunch options. Please note the meal plan is there for a suggestion – you do not have to cook all these meals in a week (unless you want to!).

The costing of these recipes has been done using a mid-range supermarket; low-cost shops often have tinned goods at a lower price making them even more affordable. Added all together, the ingredients for these recipes should add up to under £53 – that's less than £8 a day for a family of four. What this plan doesn't include is drinks like tea and coffee and sauces or extra flavourings or cold pressed flaxseed oil. It also doesn't include 1-2 portions of fruit a day which is recommended by the Department of Health.

A list of useful store cupboard ingredients is included plus a list of handy gadgets and some top tips.



# Top tips for real food on a real budget

Adopting a healthy, balanced diet can feel daunting at times, especially when managing your MS symptoms as well as other responsibilities in your life. With a few simple strategies, it's easier to eat well without breaking the bank or exhausting your energy.

1

Frozen vegetables keep their nutrient content and are cheaper to buy.



2

Home brand tofu at the supermarket is cheaper and tastes as good.

3

Bulk buy dried goods at online wholefood sites, as long as you have room.

4

Marmite adds a savory flavour in place of veg stock and keeps for a longer time.

5

Fresh produce can be freely found at community fridges and is sustainable and open to everyone.

6

Refill shops are good for small portions of ingredients.



7

Market stalls and farm shops are good for seasonal fresh produce. You can buy the exact amount you need.

8

Freeze leftovers for lunch or dinner - just label them well so you know what you have!

9

Create easy recipes with simple ingredients for the family.





# Store cupboard ingredients



## Basics to aim for

Bottled lemon juice  
Dried mixed herbs  
Dried Italian herbs  
Turmeric powder  
Curry powder  
Salt and black pepper  
Chilli powder or flakes  
Smoked paprika  
Oats  
Garlic and onion powder (if no access to fresh)  
Yeast extract (e.g. Marmite)\*

\*Own brand yeast extract often does not contain barley, if you need a gluten free option.

## Nice to have

Nutritional yeast  
Vegetable bouillon powder (for veg stock)  
Dried thyme  
Bay leaves  
Ground cumin  
Ground cinnamon  
Tamari\*\* or soy sauce  
Ground flaxseed

\*\*Tamari is gluten free while soy sauce is not.



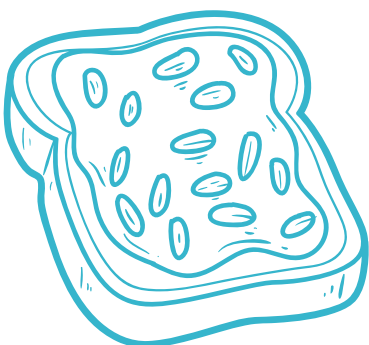
## Breakfast

- ▶ Porridge with ground flaxseed, frozen fruit – 38p per portion
- ▶ Overnight oats with chia seeds, frozen fruit, sliced almonds – 67p per portion
- ▶ Scrambled tofu – 69p per portion
- ▶ Nut butter and banana on toast – 53p per portion
- ▶ Beans and spinach on toast – 33p per portion
- ▶ Mushrooms and spinach potato hash – 54p portion



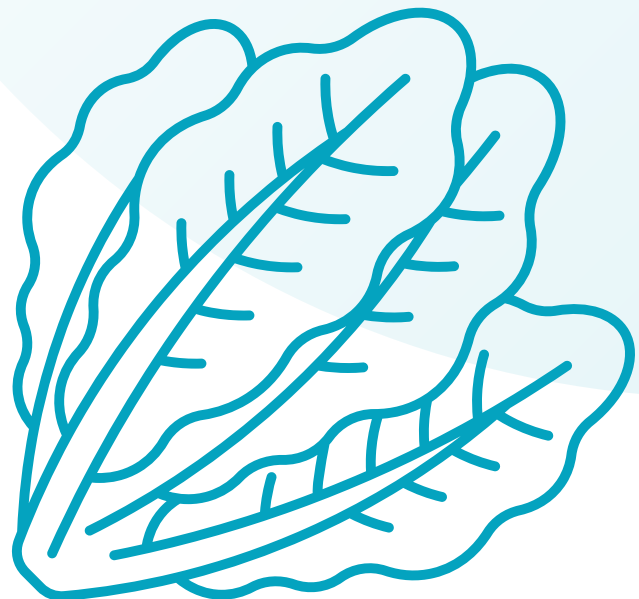
## Lunch

- Sardines or mackerel in tomato sauce on toast – 67p per portion ▶
- Lentil and tomato soup – 24p per portion ▶
- Split green or yellow pea soup – 22p per portion ▶
- Carrot and bean soup – 26p per portion ▶
- Baked sweet potato, beans and rocket – 79p per portion ▶
- Pea pâté – for toast, dip with sliced cucumber and carrots, in sandwich with cucumber and lettuce – 72p per portion ▶



## Dinner

- ▶ Mackerel and spinach kedgeree – 85p per portion
- ▶ Lentil and vegetable stew with rice – 63p per portion plus green veg on the side – extra 38p
- ▶ Quick lentil bolognaise with spaghetti – 93p per portion (or baked potatoes, sachet quinoa)
- ▶ Vegan microwave jambalaya – 63p per portion or 89p per portion quick cook
- ▶ Mackerel or sardine chilli pasta – 67p per portion
- ▶ Quick microwave or one-pan chilli – 50p per portion (plus 33p rice or 20p baked potato)
- ▶ Spanish chickpeas with crushed potatoes and greens (microwave) – 76p per portion



# Weekly meal plan

|           | BREAKFAST                                                                | LUNCH                                                       | DINNER                                             | COST* |
|-----------|--------------------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------|-------|
| MONDAY    | Porridge with ground flaxseed and frozen fruit                           | Sardines or mackerel in tomato sauce on toast               | Lentil and vegetable stew with rice and broccoli   | £2.16 |
| TUESDAY   | Nut butter and banana on toast                                           | Carrot and bean soup                                        | Quick microwave or one pan chilli                  | £1.67 |
| WEDNESDAY | Overnight oats with chia seeds, frozen or fresh fruit and sliced almonds | Pea pate - for toast, dip with sliced cucumbers and carrots | Mackerel or sardine chilli pasta                   | £2.06 |
| THURSDAY  | Beans and spinach on toast                                               | Lentil and tomato soup                                      | Vegan microwave jambalaya                          | £1.46 |
| FRIDAY    | Porridge with ground flaxseed and frozen fruit                           | Baked sweet potato, beans and rocket                        | Quick lentil bolognese with spaghetti              | £1.69 |
| SATURDAY  | Mushrooms and spinach potato hash                                        | Pea pate - for toast, dip with sliced cucumbers and carrots | Mackerel and spinach kedgeree                      | £2.26 |
| SUNDAY    | Scrambled tofu                                                           | Split green or yellow pea soup                              | Spanish chickpeas with crushed potatoes and greens | £1.93 |

\*Per person, per day



# Breakfast



# Porridge

Porridge is always a great way to start the day. Oats are cheap, filling and great for gut health. You can add whatever toppings you have and/or like, if you need to up your calorie intake, add nut butter as well.



## Instructions

1. Take the fruit of the freezer the night before and leave to defrost overnight
2. Place the oats, soya milk and water into a microwave proof bowl. Stir well.
3. Cook on high for 3 minutes. Stir and cook on high for another minute or two until thick.
4. Alternatively, place ingredients in a small pan and bring to a gentle boil. Simmer for 5 minutes or so until the oats are thick and creamy. Turn off the heat.
5. Stir in the ground flaxseed and leave to stand for 2 minutes
6. Serve with defrost fruit on top and a little extra soya milk and sugar if you like



## Ingredients

- 50g frozen fruit
- 40g porridge oats
- 150ml soya milk
- 100ml water
- 1 tbsp ground flaxseed
- 1 tbsp demerara sugar (optional)



# Mushroom, spinach and potato hash

This is a great way to eat up leftover potatoes. It's a filling breakfast that is also gluten free if you need it to be.



## Instructions

1. Cut the cooked or tinned potatoes into bite-sized pieces.
2. Wash the mushrooms and chop roughly.
3. Chop the fresh spinach leaves or defrost the frozen block for 10 minutes.
4. Chop the tomato.
5. Place a frying pan over a medium heat. Add a little water along with the potato, mushrooms and tomato. Sauté for a couple of minutes, stirring all the time so the potato doesn't stick to the pan.
6. Add the spinach and cook for another couple of minutes until everything is piping hot.
7. Season with salt and pepper and a dollop of tomato ketchup if you like.



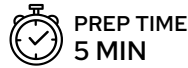
## Ingredients

- Half a baking potato, cooked (do the day before when cooking baked sweet potato) OR ½ small tin of potatoes, rinsed well
- 50g mushrooms
- 40g spinach (1 block frozen spinach)
- 1 medium tomato
- Salt and pepper

# Overnight Oats



Putting this breakfast together the night before means you don't have to do much in the morning if you're super busy or low in energy. Make it in a lidded pot and take it with you if you don't have time to eat at home.



PREP TIME  
5 MIN



COOK TIME  
0 MIN



SERVINGS  
1 PORTION

## Instructions

1. Before you go to bed, place the oats and chia seeds in a bowl with the raisins.
2. Add the dairy free milk and cinnamon if using and stir well.
3. Place in the fridge overnight.
4. Take the fruit out the freezer and leave to defrost in the fridge in a separate bowl to the oats.
5. In the morning, the mix will have swelled and set. Add the defrosted fruit and almonds before eating.

## Ingredients

- 50g oats
- 1 tbsp chia seeds
- 150ml dairy free milk
- a handful raisins
- sprinkle of cinnamon (optional)
- 50g defrosted frozen fruit
- 1 tbsp sliced almonds

# Scrambled Tofu

Tofu is packed with plant protein and calcium (if it's set with calcium carbonate). It has no flavour of its own but transforms when you add other flavours. The onion is a cheap way of adding the sulphur flavour of eggs. Make sure to add lots of black pepper to absorb the turmeric benefits. Add extra vegetables and this makes a filling lunch or dinner too.

 PREP TIME  
2 MIN

 COOK TIME  
5 MIN

 SERVINGS  
1 PORTION

## Instructions

1. Heat a tablespoon of water in the base of a small pan. Add the onion and a pinch of salt. Sauté over a medium heat for a few minutes until the onion starts to soften.
2. Add the spinach to the pan and cook for another minute until it wilts. Keep stirring so the onion doesn't burn.
3. Hold the tofu over the pan and crumble it into small pieces with your fingers. Stir it into the onion and spinach.
4. Add the ground turmeric and black pepper.
5. Pop the bread in the toaster or under the grill and carry on simmering the tofu for a couple of minutes.
6. Serve the tofu on the toast – I like lashings of tomato sauce with it.




## Ingredients

- 1 tbsp onion, finely chopped
- 40g spinach or 1 frozen block defrosted (optional but good)
- 75g tofu
- ¼ tsp ground turmeric
- Black pepper and salt
- Wholemeal bread (or gluten free alternative)

# Beans and spinach on toast

My family are convinced I add spinach to everything – and why not? It's full of iron and other nutrients and easy to keep in the freezer. Adding it to beans on toast makes a great start to hitting your five-a-day.

 **PREP TIME**  
10 MIN

 **COOK TIME**  
5 MIN

 **SERVINGS**  
2 PORTIONS

## Instructions

1. Take the spinach out the freezer 10 minutes before starting to cook.
2. Pour the beans into a small pan and add the slightly defrosted spinach. Break the spinach up with a spoon as it defrosts in the hot beans.
3. Let it bubble for 2 minutes to make sure the spinach is hot.
4. Place the bread in the toaster or under the grill whilst the beans are cooking.
5. Pour the beans and spinach over the toast and sprinkle with black pepper.



## Ingredients

- 400g tinned baked beans
- 4 blocks frozen spinach (approx. 100g)
- 4 slices of wholemeal bread (or gluten free alternative)
- Black pepper

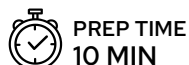




# Lunch

# Carrot and Bean Soup

An easy and tasty soup that's great for all the family. Add some green leaves for an extra veggie hit and serve with chunky bread to dip. Ready-chopped frozen onions and carrots can make this even easier.



PREP TIME  
10 MIN



COOK TIME  
30 MIN



SERVINGS  
4 PORTIONS

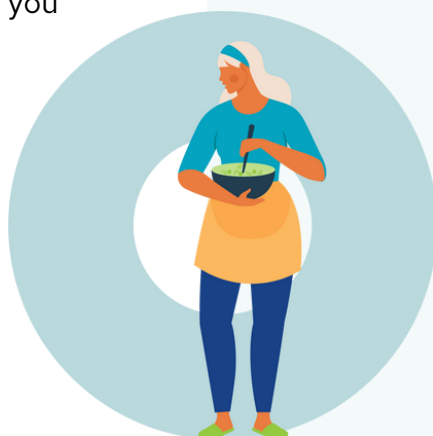
## Instructions

1. Finely chop the onion. Peel and dice the carrots. Peel and finely chop the garlic.
2. Heat a couple of tablespoons of water in the base of a large saucepan. Add the onion, carrots and bay leaf if using. Sauté for 5 minutes over a medium heat, stirring from time to time to make sure the veggies don't stick (add a little more water if they do).
3. Add the garlic and cook for another 2 minutes.
4. Pour 600mls / 2.5 cups of the stock or boiling water into the pan to cover the veggies. Sprinkle in the thyme or mixed herbs. Bring to the boil then reduce the heat and simmer with the lid on for 15 minutes.
5. Open the tin of butterbeans. Drain and rinse the beans and add to the pan. Cook for another 5 minutes.
6. Turn off the heat and leave to cool slightly. Remove the bay leaf if using.
7. If you have a stick blender, blend until smooth. Alternatively, use a masher or large fork and mash down some of the beans and carrots to thicken the soup. Add the remaining stock or boiling water if you want a thinner soup.
8. Season with salt and pepper and serve.
9. Pour any leftovers into an airtight container and keep in the fridge for up to 3 days. Or freeze – just remember to label it.



## Ingredients

- 1 onion
- 450g carrots
- 1 bay leaf (if you have one)
- 1 clove garlic
- 1 tbsp dried mixed herbs or thyme
- 400g tinned butterbeans
- 750ml vegetable stock (or boiling water)
- Salt and pepper to taste





# Split Pea Soup

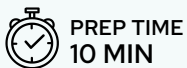
Make sure you get quick cook dried peas otherwise it will take much longer to cook. If you can't find them, soak the dried peas for a couple of hours beforehand to reduce the cooking time.

## Instructions

1. Peel and finely chop the onion. Peel and dice the carrots. Wash the celery sticks, trim and finely chop (if using). Peel and finely chop the garlic.
2. Heat a couple of tablespoons of water in the base of a large saucepan. Add the onion, carrots and celery (if using). Sauté for 5 minutes until they start to soften, adding extra water if the veg starts to stick to the bottom of the pan.
3. Add the garlic and cook for another 2 minutes.
4. Stir in the rinsed dried peas and mixed herbs. Stir well to combine then pour in the vegetable stock or water.
5. Bring to the boil then reduce the heat, pop on the saucepan lid and simmer for 30 minutes until the peas are soft and mushy.
6. Turn off the heat. Blend with a stick blender to get a smooth texture or leave as it is.
7. Season with salt and pepper before serving.
8. Store any leftovers in an air-tight container in the fridge and use within 3 days. Or pop in the freezer, labelled.

## Ingredients

- 100g / 4oz quick cook dried green or yellow split peas rinsed in a sieve under a running tap
- 1 onion
- 2 carrots
- 2 celery sticks (optional but good)
- 2 cloves garlic
- 800ml / 3 cups vegetable stock or boiling water
- 1 tbsp mixed dried herbs
- Salt and pepper to taste



PREP TIME  
10 MIN



COOK TIME  
40 MIN

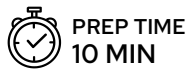


SERVINGS  
4 PORTIONS



# Green Pea Pâté

A lovely fresh dip that's easy to make and makes a nice change for lunch. Leave out raw onion if you wish and/or add mint or coriander leaves if you have some to hand. If you don't have soya yoghurt to hand, add a little soya cream or, if not, soya milk to moisten the mix and extra lemon to keep it tart.



PREP TIME  
10 MIN



COOK TIME  
6 MIN



SERVINGS  
3 PORTIONS

## Instructions

1. Place the peas in a microwave proof bowl, cover with water and cook on high for 6 minutes until well cooked. Drain and leave to cool. Alternatively, place the peas in a pan with boiling water. Simmer for 2 minutes until they are well cooked but still a fresh green colour. Drain and cool.
2. Once the peas are cold, place them in a small blender pot\*. Add the red onion, soya yoghurt, lemon juice, salt and pepper. Blend until everything is combined and a rough spread is formed. Check the flavour and add more lemon juice or seasoning as needed.
3. Transfer to a small dish and sprinkle chilli flakes on top.
4. Serve with toasted bread or wrap and raw veggies. Keep in an air-tight container in the fridge for up to 3 days.

\* If you don't have a blender pot to use, a stick blender will work. Otherwise mash everything together with a fork. The texture will be rougher, but it still tastes great.



## Ingredients

- 150g frozen peas
- 2 tbsp red onion, finely chopped
- 2 tbsp unsweetened soya yoghurt
- 2-3 tbsp lemon juice
- Salt and pepper to taste
- Sprinkle chilli flakes to garnish (optional)

# Baked Sweet Potato, Beans and Rocket

Orange sweet potatoes are packed full of vitamins and phytonutrients and are a great way to help reduce inflammation.

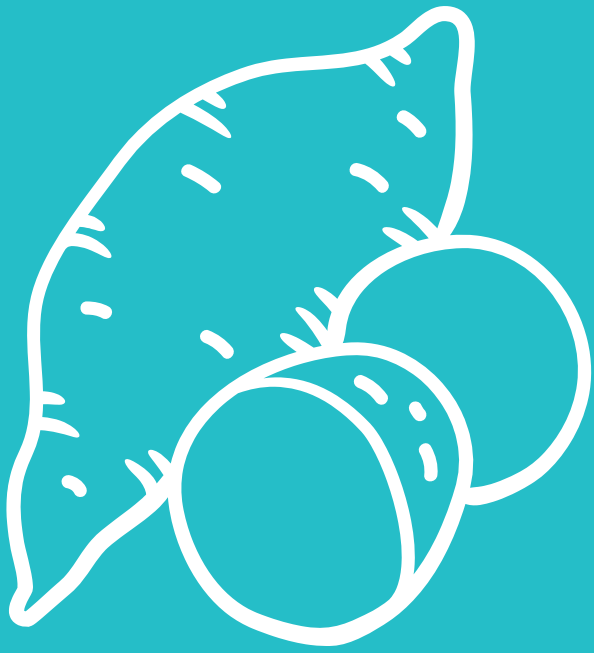


## Instructions

1. Wash the skin of the sweet potato and trim off any woody or damaged bits. Pierce the potato a few times with a sharp knife.
2. Either place in an oven to bake or wrap in kitchen roll and microwave on high for 10 minutes or until soft.
3. Heat the beans in a bowl in the microwave or pour into a small pan and simmer over a medium heat for 2 minutes.
4. Once the potato is cooked, cut in half and pour the hot beans over the top. Season with black pepper and scatter the rocket on top.

## Ingredients

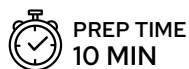
- 1 medium sweet potato
- 200g tinned baked beans
- Handful rocket
- Pepper to taste





# Tomato and Lentil Soup

A tasty and super cheap family favourite, especially quick with frozen chopped veg. Marmite adds a savoury flavour plus a bit of extra B12.



## Instructions

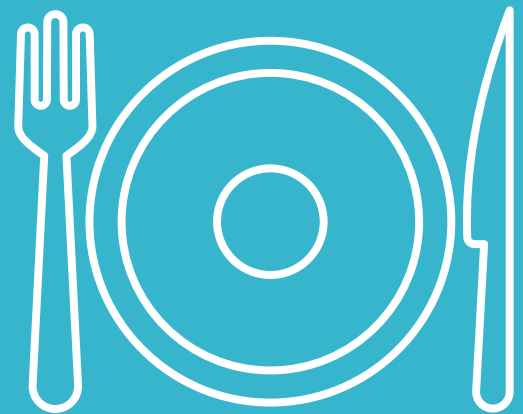
1. Peel and finely chop the onion. Peel and dice the carrot. Peel and finely chop the garlic (if using).
2. Heat 2 tablespoons of water in the base of a large saucepan. Add the onion and carrot. Sauté for 5 minutes over a medium heat until they start to soften.
3. Add the garlic and a pinch of salt. Cook for another 2 minutes.
4. Add the red lentils and tinned tomatoes. Stir well to combine.
5. Pour in the hot vegetable stock or water and add the Marmite to the pan. Stir well to dissolve the Marmite whilst it comes to the boil.
6. Reduce the heat and pop on the pan lid. Simmer for 20 minutes until the lentils are well cooked.
7. Turn off the heat and season to taste with salt and pepper.
8. Blend with a stick blender to make the soup smooth or just serve as it is. Add more stock or water if it's too thick.
9. Store any leftovers in an air-tight container in the fridge for up to 3 days. Or pop in the freezer – just remember to label it.



## Ingredients

- 1 onion
- 1 medium carrot
- 1 clove garlic (or ½ tsp garlic powder)
- 150g split red lentils
- 400g tinned chopped tomatoes
- 1 tsp Marmite\*
- 800ml vegetable stock or boiling water
- Salt and pepper to taste

(\*For a gluten free version use supermarket own brand yeast extract which does not contain barley.)



# Dinner

# Lentil Bolognese

We love bolognese sauce - it can be used for more than spaghetti too. Serve on baked potatoes, stuff in pasta tubes, in lasagna or just with crusty bread on the side. Adding nutritional yeast gives a little cheesy flavour if you have some. A crunchy green salad on the side goes well too.



PREP TIME  
10 MIN



COOK TIME  
20 MIN



SERVINGS  
4 PORTIONS

## Instructions

1. Peel and finely chop the onion and garlic. Peel the carrots and finely dice. Wash the mushrooms and chop into small dice.
2. Bring a large pan of water to the boil. Add the spaghetti, reduce the heat and cook according to packet instructions.
3. Heat a couple of tablespoons of water in the base of a medium-sized pan. Add the onion and carrot – sauté over a medium heat for 5 minutes. Add the mushrooms and cook for 4 minutes then add the garlic and cook for another 2 minutes.
4. Pour in the chopped tomatoes and add the tomato puree and herbs. Add a little water to make a good sauce. Bring to the boil then reduce the heat and simmer for 5 minutes.
5. Drain and rinse the tinned lentils. Add to the pan, mix well and simmer for 5 minutes. Turn off the heat. Season with salt and pepper as needed.
6. Drain the cooked spaghetti and add to the lentil mix. Stir well to make sure all the spaghetti is coated.
7. Serve in bowls with leaves on top and a sprinkle of nutritional yeast if you have it.

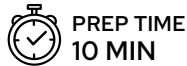
## Ingredients

- 300g spaghetti
- 1 onion
- 2 medium carrots
- 200g mushrooms
- 2 cloves of garlic
- 400g tin chopped tomatoes (with herbs and garlic ideally)
- 2 tbsp of tomato puree
- 1 tbsp dried italian herbs or mixed herbs
- 2 x 400g tins of cooked green or brown lentils
- Salt and pepper to taste
- Green leaves to garnish if available and/or nutritional yeast



# Vegan Jambalaya

Jambalaya is filling and full of warming spice. You can use tinned mackerel or sardines instead of butterbeans if you wish. Or tinned lentils. I like the butterbeans for texture. This is cheaper if you use dried rice, quicker if you use sachets; instructions for both are below.



## Instructions

1. If using dried rice: Pour the tomatoes into a large glass bowl. Add the onion and rice. Fill the empty tomato tin with water and pour that into the bowl. Cover the bowl with clingfilm pierced a couple of times with a knife and microwave on high for 5 minutes\*.
2. Add the mixed peppers, sweet potato, spice mix and garlic powder to the bowl. Stir well, re-cover with the clingfilm then microwave on high for 10 minutes.
3. After 10 minutes, stir again and leave uncovered. Microwave for 7 minutes. Stir again and microwave for another 5 minutes. By now the rice should be swelling and looking nearly cooked. If not, heat for another 5 minutes on high.
4. Add the butterbeans and peas to the bowl. Stir well and microwave for 5 minutes.
5. Remove the bowl from the microwave and cover with a plate. Leave to stand for 5 minutes.
6. Season with salt and pepper to taste and serve with leaves scattered on top.
7. If using sachets of rice: Pour the tomatoes into the large glass bowl. Add onion and seasoning. Microwave for 4 minutes. Add the rice, peppers and sweet potato. Cook for 5 minutes then add beans and peas. Microwave for 4 minutes and leave to stand. Serve as above.

NOTE: If you don't have a microwave, you can do all of this in a pan on a hob. Follow the same order, just cook the rice for a little bit longer – 10-12 minutes at the start. Adding a lid will speed up the cooking time, too.



## Ingredients

- 400g tinned chopped tomatoes
- 200g basmati/quick cook rice  
OR 2 x 250g sachets of cooked rice
- 4 tbsp fresh or frozen onion
- 100g frozen mixed peppers
- 150g frozen sweet potato chunks
- 1 tbsp fajita or Cajun spice mix or chilli powder
- ½ tsp / 1 tsp garlic powder
- 400g tinned butterbeans
- 200g frozen peas
- Salt and pepper
- Handful rocket or green leaves to serve



# Spanish Chickpeas

This tasty and substantial meal uses mainly store cupboard ingredients. Bags of greens can be found cheap year round, and are packed full of seasonal goodness. Spicy Spanish smoked paprika is good for this dish if you can find it. Use fresh potatoes instead of tinned if you prefer. A dollop of unsweetened soya yoghurt finishes this dish off beautifully.

## Instructions

Microwave Method:

1. Pour the tinned tomatoes into a large bowl. Add the tomato puree and the spices along with a little water. Heat on high for 2 minutes.

2. Trim the seasonal greens, shred and rinse under running water – sometimes they hide some mud! Drain and rinse the chickpeas.

3. Add half the shredded greens to the bowl and the chickpeas to the bowl and heat on high for 5 minutes. Remove the bowl from the microwave, season with salt and pepper and cover with a plate. Leave to rest.

4. Drain and rinse the tinned potatoes. Place in another large bowl with a little water and microwave on high for a couple of minutes until hot. Add the remaining greens to another bowl with a little water and microwave on high for 2 minutes until just cooked and wilted.

5. Crush the hot potatoes in the bowl with a fork – add a little extra virgin olive oil if you have it. Season with a little black pepper.

6. Spoon the potato into four bowls. Ladle the chickpea stew on top with the wilted greens on the side. Eat whilst piping hot.

Pan Method:

1. Pour the tinned tomatoes into a medium pan and add the tomato puree and spices. Simmer for 5 minutes.

2. Prepare the greens and chickpeas as above then add to the pan. Bring to the boil then reduce the heat to a gentle simmer for 5 minutes or until the greens are soft and wilted. Turn off the heat and season with salt and pepper.

3. Reheat the potatoes in another pan. You can add the greens in here to wilt or steam them separately. Serve as above.

## Ingredients

- 400g tinned chopped tomatoes
- 2 tbsp tomato puree
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp smoked paprika (or fajita seasoning if you don't have it)
- 250g seasonal greens
- 2 x 400g tins chickpeas
- 2 tbsp flaked almonds
- 500g tinned cooked new potatoes
- Salt and pepper to taste



PREP TIME  
10 MIN



COOK TIME  
12 MIN

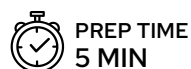


SERVINGS  
4 PORTIONS



# Quick Chilli

Chilli is always a family favourite and is easy to make in the microwave. If you have some ground cumin then add this to the other spices. This can be made in a pan as easily as in the microwave as detailed below.



## Instructions

1. Drain the tins of beans and rinse in a sieve under running water. Drain the sweetcorn.
2. Pour the chopped tomatoes into a large microwave proof bowl. Add the mixed peppers and chilli powder and/or smoked paprika and heat on high for 5 minutes.
3. Stir in the remaining ingredients apart from salt and pepper. Heat on high for 5 minutes.
4. Check the flavour then season with black pepper and salt (if needed). Heat on high for another 3 minutes then leave to stand for 2.
5. Serve with rice, baked potatoes or wraps and some salad leaves on the side if you have them.

Optional pan recipe using onion:

1. Finely chop an onion and 1 clove of garlic. Sauté the onion in a little water in a pan for 5 minutes. Add the garlic and cook for 2.
2. Add the tinned tomatoes, chilli powder and/or smoked paprika, and frozen peppers. Simmer for 5 minutes then add the beans and sweetcorn. Simmer for 5 minutes then season to taste.



## Ingredients

- 400g tinned chopped tomatoes
- 150g frozen mixed peppers
- 1 tsp chilli powder or hot smoked paprika
- 2 tbsp tomato puree
- 2 x 400g tins of kidney or black beans
- 200g tinned sweetcorn
- ½ tsp / 1 tsp onion powder (optional)
- ½ tsp / 1 tsp garlic powder
- Salt and pepper to taste



# Mackerel Kedgeree


Kedgeree is usually serviced with smoked haddock and egg. You can use haddock if you wish but it comes with a higher price and won't count as a portion of oily fish. I think it works just as well with mackerel - smoked if you have it or a simple tin as detailed below. Lemon juice lifts the flavour at the end and a scattering of fresh parsley or coriander looks pretty if you have it.

## Instructions

1. Peel and finely chop the onion.
2. If using uncooked rice: Ideally soak the rice in a bowl of water for a couple of hours and drain (this reduces cooking time). Heat a couple of tablespoons of water in the base of a large pan. Sauté the onion over a medium heat with a pinch of salt for 5 minutes until it starts to soften.
3. Add the rice to the pan along with the curry powder. Stir well to coat the rice then carefully pour in 650mls of water. Bring to the boil, then reduce the heat and simmer with the lid on for 20-30 minutes until the rice is nearly cooked and most of the water has gone.
4. Drain the water or brine from the mackerel and flake it with a fork.
5. Once the rice is nearly cooked and there's hardly any water left in the pan, add the spinach and peas to the pan. Simmer for a couple of minutes until the water is all gone then add the mackerel. Stir well and leave on a low heat to warm the fish through.
6. Turn off the heat. Season with black pepper and add the lemon juice. Stir again and serve immediately.
7. If using sachets of rice: Sauté the onion as above. Add the rice and all the ingredients up to the mackerel and a little water. Simmer for a few minutes to make sure the rice and veggies are hot.
8. Stir in the flaked mackerel and heat through. Season with black pepper and lemon juice and serve immediately.

## Ingredients

- 200g wholegrain basmati rice or 2 x 250g sachets
- 1 onion
- 6 blocks of frozen spinach (defrosted) or one large bag of fresh spinach
- 1 ½ tsp of mild curry powder
- 250g defrosted frozen peas
- 2 x 125g tins of mackerel in water or brine
- 4 tbsp of lemon juice

 PREP TIME  
10 MIN

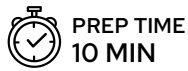
 COOK TIME  
40 MIN

 SERVINGS  
4 PORTIONS



# Lentil and Vegetable Stew

This is similar to the lentil and tomato soup but is thicker and doesn't need blending. It's a nutritious, tasty and filling dinner that freezes well if you have leftovers. Sachet rice is quick to cook; use normal cooked rice if you prefer.



## Instructions

1. Peel and finely chop the onion. Peel and dice the carrot and parsnip. Peel and finely chop the garlic. Place the spinach in a bowl to defrost.
3. Heat 2 tablespoons of water in the base of a large pan. Add the onion, carrot and parsnip. Sauté for 5 minutes until the onion starts to soften.
4. Add the garlic and cook for another 2 minutes. Stir in the chopped tomatoes, red lentils and mixed or Italian herbs. Stir well to combine.
5. Fill the emptied tomato tin with hot water and pour into the pan. Bring the stew to a gentle boil. Add the marmite and stir well to combine.
6. Reduce the heat, pop on the lid and simmer for 20 minutes until the lentils and vegetables are cooked.
7. Add the spinach to the pan and simmer for another 5 minutes. Season to taste with salt and pepper.
8. Heat the sachets of rice in the microwave or saucepan as per instructions. Distribute the rice between bowls and serve with the stew on top.



## Ingredients

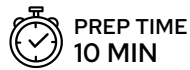
- 1 red or white onion
- 1 large carrot
- 1 medium parsnip
- 2 cloves garlic
- 400g tinned chopped tomatoes
- 150g red split lentils
- 1 tbsp mixed herbs or dried Italian herbs
- 4 blocks frozen spinach
- 1 tsp Marmite\*
- Salt and pepper to taste
- 2 x 250g sachets of wholegrain brown rice

(\*For a gluten free version use supermarket own brand yeast extract which does not contain barley.)



# Sardine Chilli Pasta

A filling dinner full of flavour and omega-3 fatty acids. The lemon juice really lifts the flavour so try not to miss it out. Use fresh spinach if you have it.



## Instructions

1. Bring a large pan of water to the boil. Add the spaghetti or pasta and leave to bubble away whilst you make the sauce, following packet timings.
2. Place the frozen spinach in a bowl to defrost. Peel and finely chop the onion and garlic. Chop the florets off the broccoli stem and cut into bite-sized pieces.
3. Heat 2 tablespoons of water in the base of a medium sized pan or frying pan. Add the onion and sauté for 5 minutes until it starts to soften. Add the garlic and cook for another 2 minutes. Keep stirring the pan to ensure the garlic doesn't burn – add a little more water if needed.
4. Whilst the onion is cooking, open the tins of fish and add the fish and tomato sauce to the pan, breaking the fish up into flakes.
5. Add the tomato puree and a little water to make a little tomato sauce. Pop in the defrosted spinach and chilli flakes. Stir well to combine.
6. By now the pasta should be nearly ready. Tip the prepared broccoli into the pan, bring back to the boil then simmer for another few minutes until the broccoli is just tender.
7. Remove the pasta pan from the heat and drain into a sieve. Return the pasta and broccoli to the pan then add the fishy mix. Stir well to combine.
8. Season with salt and pepper to taste and add the lemon juice. Stir once more then serve immediately.

## Ingredients

- 300g spaghetti or pasta of choice
- 1 onion
- 2 cloves garlic
- 2 x 125g tins of mackerel or sardines in tomato sauce
- Small head of broccoli or 250g frozen broccoli
- 4 blocks of frozen spinach
- 1 tbsp tomato puree
- Pinch chilli flakes
- 2 tbsp lemon juice
- Salt and pepper

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