

# BEYOND BEANS

There's more to life than beans on toast

*Look inside, this just might help*

x

Loads of tasty ideas from

 **Chartwells**  
Independent



“

## **You love eating, right?**

At Chartwells we love quality, simple and delicious food too.

We hope our guide can help you become a confident cook while at Uni. With this book, you can learn how to whip up some quick snacks and simple dishes that won't cost you £££'s.

We hope you like it!

Please ensure you check your allergens on all products you use.



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# What's Inside?



**The Fabulous 4**

**Bechamel Sauce**

**Mix and Match Tomato Sauce**

**Homemade Flatbread**

**Overnight Oats**

**Whack it on Toast**

**Pop it on a Spud**

**Give it the Beans**



# THE FABULOUS 4

These 4 simple recipes are super easy to cook. Once you've mastered them, you have unlocked the basic skills to be able to cook many delicious recipes!

1.

## BECHAMEL SAUCE

### *Ingredients*

500ml Whole milk  
50g Butter/Margarine  
50g Plain flour

**You'll also need**  
a skillet or a non-stick saucepan

### Method

1. Warm the milk.
2. Melt the butter in a saucepan, then add the plain flour. Stir continuously until a paste forms. Continue cooking for 2 mins.
3. Add the milk to the mixture gradually, stirring as you go, until you get a smooth sauce. Simmer until the sauce thickens.





*Can be used in:*

Mac and Cheese  
Lasagne  
Moussaka  
Vegetable Bake  
Fish or Chicken Pie

*Search these dishes up  
online and have a  
go at using your  
bechamel sauce!*

## Mac and Cheese

1. Add as much cheese as you please to the bechamel sauce and stir over a heat until melted!
2. Cook your macaroni a couple of minutes less than you would usually do (if you're unsure, check your packet for timings).
3. When the pasta is done, drain it, retaining a little bit of the cooking water.
4. Tip the pasta and a couple of tablespoonfuls of the cooking water into your cheesy bechamel sauce and stir.
5. Pour the macaroni cheese into a shallow ovenproof dish.
6. Bake in the oven for 10 mins until the top is golden.

2.

## MIX AND MATCH TOMATO SAUCE

### *Ingredients*


- 2 **tblsp** olive oil
- 1 onion, finely chopped
- 1 garlic clove, finely grated or crushed
- 400g tin chopped tomatoes
- ½ **tsp** dried oregano, basil, or mixed herbs
- ½ **tsp** caster sugar

**You'll also need**  
a non-stick frying pan

### **Method**

1. Heat the oil in a non-stick frying pan and fry the onion over a low heat for 5 minutes, stirring regularly with a wooden spoon. Add the garlic and cook for a few seconds more.
2. Add the tomatoes, herbs and sugar and cook for 5 minutes, stirring regularly.
3. Stir in a splash of water to loosen the sauce, if needed, and season to taste.



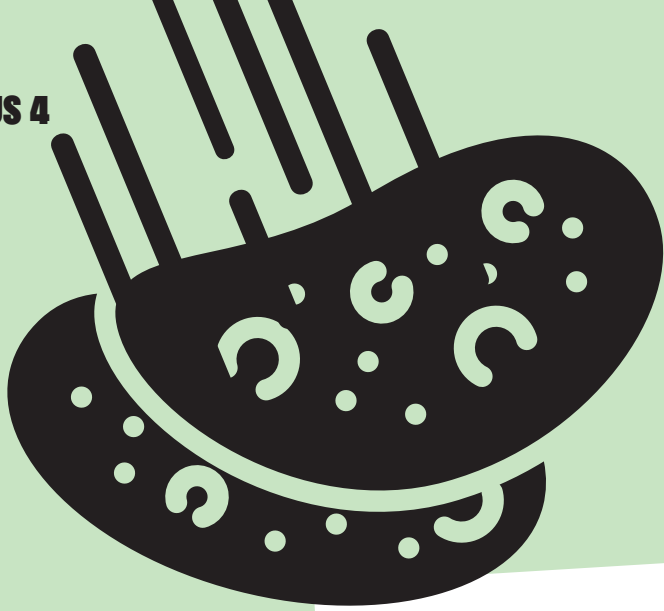


*This homemade tomato sauce can be used with other pasta dishes, pizza or stews!*

- Try stirring a tin of tuna into the sauce once cooked
- Try with some chopped up cooked sausages
- Try spreading on a homemade flatbread...



## THE FABULOUS 4



3.

# HOMEMADE FLATBREAD

## Method

1. Sieve flour into a mixing bowl.
2. Add natural yoghurt and spoon of oil and mix together until a dough is formed.
3. Flour the worktop and roll dough into desired shape. A thinner dough is best as it takes less time to cook.
4. If they are intended to be eaten by themselves, fry in a non-stick frying pan till golden brown.
5. If intended as a pizza base, cook in a preheated oven at 200°C for 5 minutes. Remove from oven, turn upside down and add toppings. Place back in oven and cook for a further 10-15 minutes until the dough has browned and any cheese has melted. Serve with side salad and enjoy!

## Ingredients

70g Self-Raising Flour

70g Natural Yoghurt

1x Tbsp Oil

### You'll also need

a mixing bowl and a non-stick frying pan





*Try with a*  
**Garlic and Herb butter**  
*Ingredients*

2 garlic cloves, finely grated or crushed

40g Unsalted Butter

Fresh Chopped Herbs  
(such as parsley, basil or dill)

## Method

1. Peel the garlic cloves and crush/grate
2. Melt the butter in a small pan over a medium heat, then stir through the garlic and chopped herbs.
3. Spread evenly over your homemade flatbread.

4.

# OVERNIGHT OATS

## *Ingredients*


- ¼ tsp Ground cinnamon
- 50g Porridge oats
- 2 tbsp Natural yoghurt
- 50g Mixed berries
- Drizzle of honey
- ½ tbsp Nut/Almond butter
- Sprinkle of salt

## Method

1. The night before, stir the cinnamon and 100ml water (or milk) into your oats with a pinch of salt.
2. The next day, loosen with a little more water (or milk) if needed. Serve with yoghurt, berries, a drizzle of honey, and nut butter.







*Try these different combinations and  
find out which is your favourite!*

Strawberries  
Cocoa Powder  
Blueberries  
Peanut Butter  
Maple Syrup  
Coconut Milk



## #ToastHacks

*Don't rip your toast -  
always use soft butter*

*Try not to toast the freshest  
slices of bread*

*Making loads?  
Be prepared with your toppings*

*Want it really crunchy?  
Low temp and cook slow*

# TOAST RECIPE IDEAS



## **Hummus and Ham**

Spread your favourite hummus onto hot toast then some slices of ham or any other cooked sliced meat you fancy.

## **The Best Beans**

Empty a 415g tin of baked beans to a pan, add a knob of butter, season with black pepper, a splash of Worcester sauce, stir, heat, and eat!

## **Chocolate Spread and Strawberries**

Dollop your fave choc spread on hot toast and top with sliced strawberries or any other soft fruits – raspberries, blueberries or even cut up grapes.

## **Lemon Gurd and Crushed Bourbon Creams**

Just try it!

## **Mango Chutney and Sliced Avo**

It is what it is!

## **Pizza It Up**

Cherry toms, tom puree, oregano and crumbled cheese – a dessert spoon of tom puree or ketchup, sliced fresh toms, pinch of oregano and spoon it on, crumble on some cheese and grill until golden.

## **Sausage and American Mustard**

Chop up cooked cold sausages, mix with any mustard and a spoon of crème fraiche, and whack it on toast.

## **Any Cheese – Any chutney**

Spread your favourite chutney and top with sliced or grated cheese and grill until bubbling.

## **Tuna Crunch**

Fine dice of onion and black pepper, mix together in what ever quantity you fancy and pop it on your toast!

## **Blue Cheese and Pickle**

Be brave, give blue cheese a chance!



**POP IT ON  
A SPUD**

## **#Baked\_Spud\_Hacks**

*Fancy a flavour?*

*Brush with olive oil - Rub with curry powder, garlic granules or dried herbs*

*Why not try a sweet potato?  
It takes 1/2 the time to cook*

*How about cooking mini jackets with a selection of fillings to share?*

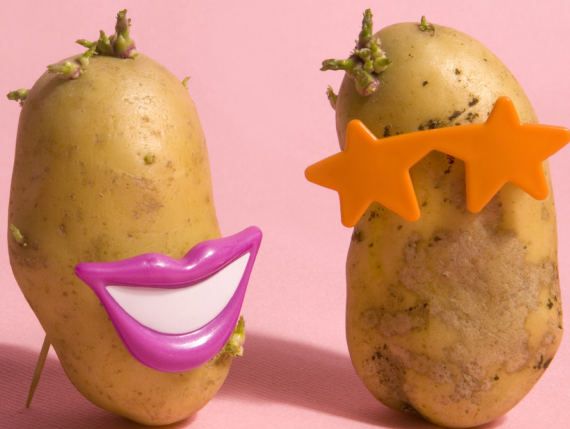
*Want crispier skin?*

*Scratch with a fork, rub with olive oil and pinch of salt before you cook*

*Short on time? Really?*

*Cook for 10 mins in the microwave first!*

# LUSHNESS FOR YOUR SPUD



## **Leftover Spag-bol sauce and Garlic Butter**

Always garlic butter first!

## **Cheeky Beans**

Diced chorizo (sautéed) then add baked beans.

## **Tomato and Cheese Melt**

Melt slowly under a medium grill.

## **Marmite Butter**

Maybe add grated cheese?

## **Pepperoni Pizza**

A dollop of tomato sauce (see our recipe), oregano, pepperoni and mozzarella or your favourite cheese.

## **Jalapeño Popper**

Cream cheese, chopped Jalapeño chillies from a jar and coriander.

## **Sloppy Joe's**

Any leftover chilli with a dash of BBQ sauce, baked in the oven, then top with sour cream and sliced spring onions.

## **Lentil Dhal and Crème Fraiche**

Heat up a pouch of your favourite lentils and dollop on crème fraiche.

## **Corn, Chilli and Avo Salsa**

Canned or frozen sweetcorn, 1 diced avocado, 1 small chopped red chilli, juice 1 lime, 1 tbsp finely chopped red onion and a small handful coriander leaves.





## #BeanHacks

*Did you know  
if you store your tins of beans  
upside-down, when you open them,  
they will come out quick and easy!*

*6 washed out baked bean  
tins make a great set of skittles  
if you paint them up and roll at them  
with a tennis ball!*

*If you like thicker beans, heat them  
in a saucepan and stir gently*

*If you are brave enough  
why not eat them cold from  
a mug with a spoon?*

# Cool things to add to A HUMBLE TIN of BAKED BEANS



Add a dash of your favourite hot sauce  
for Fiery Beans

Chopped cooked crispy bacon

Crumbled feta and cherry tom halves

Sliced frankfurter and crispy onions

Classic cheesy beans with a dash of  
English mustard

Sun dried tomatoes and olives

Oven baked cubes of halloumi cheese

Mango chutney and crushed up leftover  
onion bhajis

Tomato salsa and tortilla chip crumbs

A teaspoon of Bovril and diced red onion

Soy sauce and sliced spring onions

Chopped Quorn sausage and BBQ sauce

Diced cooked potato and smoked paprika





# SHOPPING LIST



