

# Soupstones

## MEAL PLANS

to Eat Well & Be Well



### Module 4. A WINTER MEAL PLAN

- [1] Balsamic Onion Soup
- [2] Warming Onion & White Bean Bake\*
- [3] Quick Sausages & Lentils
- [4] Bean Bowl with a Poached Egg
- [5] Burgers with Mashy Peas
- [6] Vanilla Pears with Ice Cream\*

\* Takes more than 1/2 hour. See short on time guide for alternatives.

### VARIATIONS

**Vegetarian:** [3] Skip the sausages and double everything else. [5] Serve [lentil burgers](#) with mashy peas and onion.

**Carb Lovers / More Substantial:** [1] Serve with crusty bread & butter [2] Toss in cooked pasta with the beans [3] Increase the lentils [4] Serve on hot buttered toast. [5] Serve in burger buns.

**Budget:** See vegetarian and carb lovers suggestions.

**Carnivore:** [1] Simmer chopped chicken thighs in the soup until cooked. [2] Brown bacon or chorizo and add to the onion. [4] Serve with finely sliced prosciutto draped over.

**Short on time:** [1] Use commercial caramelized onions. [2] Use canned beans. [3] Use canned lentils [4] Use canned beans [5] Use commercial caramelized onions. [6] Serve fresh berries with ice cream instead.

# Soupstones SHOPPING LIST\*

## VEGGIES

750g (1.5lb) onions [1]  
1.5kg (3lb) onions [2]+  
4 sprigs thyme [2]+  
1 bag salad leaves [2]+  
1 bunch flat leaf parsley [3]  
1 onion [4]  
sm bunch cavalo nero, kale or greens [4]  
1 lemon [5]  
750g (1.5lb) onions [5]  
4-6 pears [6]

## COOKS NOTES

't' = teaspoon 'T' = tablespoon. Unless otherwise stated all cans are 400g (14oz)  
+ [2] serves 4  
\* [6] serves 4-6.

## PROTEIN

4 pork sausages [3]  
4 eggs [4]  
400g (14oz) ground (minced) beef [5]

## DAIRY

large handful cheddar cheese [1]  
150g (5oz) cheddar cheese [2]+  
2 hunks butter [5]  
3 hunks butter [6]\*  
vanilla ice cream [6]\*

## PANTRY

extra virgin olive oil  
salt & pepper  
3T cheap balsamic vinegar [1]  
2C chicken or veg stock [1]  
6T cheap balsamic vinegar [2]+  
400g (14oz) dried beans or 3 cans [2]+  
1/2C chicken or veg stock [2]+  
125g (5oz) dried lentils or 1 can [3]  
1T sherry or wine vinegar [3]  
1T soy sauce [3]  
125g (5oz) dried beans or 1 can [4]  
1/2C chicken or veg stock [4]  
2T vinegar [4]  
2 large handfuls frozen peas [5]  
3T cheap balsamic vinegar [5]  
1 vanilla bean or 1t vanilla extract [6]\*

## OTHER

[add your other items here]

\*Based on serving 2 people.  
Please adjust as required.  
[Numbers] refer to the recipe each  
ingredient is required for.

# Balsamic Onion Soup

takes: 10 minutes

makes: enough for 2

2 cups caramelized onions  
(1/2 quantity of the [recipe over here](#))  
2 cups chicken or vegetable stock  
large handful cheddar cheese, grated

1. Bring onions and stock to the boil. Simmer for 2 minutes. Taste. Season.
2. Divide soup between 2 bowls. Top with cheese.

# Warming Onion & White Bean Bake

takes: 60 minutes

makes: enough for 4

5 onions or 1 quantity [caramelized onions](#)  
4 sprigs thyme, leaves picked  
750g (3/4lb) [home cooked beans](#) or 3 cans, drained  
1/2 cup chicken or vegetable stock  
150g (5oz) grated cheddar cheese  
1 bag salad leaves, to serve

1. Preheat oven to 200C (400F).
2. If using raw onions, heat a generous glug of olive oil and a large frying pan or skillet. Peel and slice onion and cook onion, stirring occasionally over a medium heat until onion is melting and deep golden. Add more oil as you need it. Will take about 25 minutes. If using caramelized onions skip this step.
3. Add thyme to onion and season.
4. In a medium heatproof dish layer about a third of the onions. Add half the beans and a little cheese. Repeat until all the ingredients have been used, finishing with the cheese. Pour the stock over and season.
5. Bake uncovered for 25-30 minutes or until golden and bubbling. Serve with salad leaves on the side.

# Quick Sausages & Lentils

takes: 15 minutes

makes: enough for 2

3-4 good quality pork sausages  
250g (9oz) [home cooked lentils](#) or 1 can, drained  
1 tablespoon sherry or wine vinegar  
1 tablespoon soy sauce  
1 bunch flat leaf parsley, chopped

1. Heat a little oil in your frying pan. Remove sausage from their casings and crumble the meat into the pan.
2. Cook on a highish heat, stirring every now and then for a few minutes or until sausages are well browned.
3. Add lentils, vinegar and soy. Stir and keep cooking until everything is hot and the sausages are cooked through.
4. Remove from heat. Taste and season with extra soy or vinegar if needed. Sprinkle over parsley.

# Bean Bowl with a Poached Egg

takes: 25 minutes

makes: enough for 2

1 onion, peeled & diced

250g (9oz) [home cooked beans](#) or 1 can, drained

1/2 cup chicken or vegetable stock or bean cooking liquid

1 small bunch cavalo nero, kale or other greens, sliced crosswise

[poached eggs](#), to serve

1. Heat a little oil in a saucepan. Add onions and cook over a medium heat until soft.
2. Add beans and liquid or stock and cavalo nero or greens.
3. Simmer uncovered for 15 minutes or until the greens are cooked and everything is hot.
4. Taste. Season and serve with a poached egg on top.

# Burgers with Mashy Peas

takes: 20 minutes

makes: enough for 2

400g (14oz) ground beef

2 large handfuls frozen peas

2 knobs (hunks) butter

squeeze lemon juice

[caramelized onion](#), to serve [recipe HERE](#)

1. Heat a frying pan or skillet on a super high heat for at least 3 minutes. You want it smoking hot.
2. Meanwhile divide beef into two and shape into burger patties.
3. Sprinkle a fine layer of fine salt onto the pan and slide the burgers on top. Cook for 4 minutes then turn, adding a little more salt.
4. Meanwhile, heat a little oil in a medium pan and add the peas. Cook covered on a high heat for about 4 minutes or until peas are hot.
5. Once the burgers are turned, cook for another 4 minutes or until burgers are how you like them.
6. When the peas are hot, add the butter then roughly puree with a stick blender or mash with a fork. Season with salt, pepper and lemon juice.
7. Serve burgers on a bed of mashy peas with [caramelized onion](#), if using.

# Vanilla Pears with Ice Cream

takes: about an hour

makes: enough for 4-6

4-6 pears

2-3 hunks of butter

1 vanilla bean, finely sliced or

1 teaspoon vanilla extract

[vanilla ice cream](#), to serve

1. Preheat your oven to 180C (350F). Quarter your pears and remove core.
2. Layer pears in a baking dish. Top with butter and vanilla. Cover with foil and baked for 30 minutes.
3. Remove foil and stir. Return to the oven uncovered this time and bake for another 20-30 minutes or until the pears are soft and slightly browned.
4. Serve warm with big scoops of ice cream.

To access the meal plans & recipes online go to:

**[www.stonesoupvirtualcookeryschool.com](http://www.stonesoupvirtualcookeryschool.com)**

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