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THL RECIPES

BY LUSI AUSTIN

WEEKLY MEAL PLAN

MON

TUES

WED

THU

FRI

SAT

SUN

THINGS TO BUY

NOTES:

SLOW COOKER PULLED BEEF



SERVES: 8

INGREDIENTS

Roast beef roll (we use about 2kg)
Prepared ranch seasoning*
Serve with rolls and salad

DIRECTIONS

We cook this in a slow cooker. You can cook it in the oven sitting on a rack over some water in a baking dish instead.

Rinse the roast roll under running water.

Use a prepared seasoning* like ranch and sprinkle over the roast. Add a generous knob of butter to the top of the roast.

Set on high for 4 hours or low for 6-8 hours.

Pull apart roast before serving and let it sit in the juice to become more moist.

*To make your own seasoning, mix equal parts garlic powder, onion powder, a little salt and pepper and some dried parsley into a bowl. Mix well and pour over roast.

SLOW COOKER CORNER BEEF ROLL



SERVES: 8

INGREDIENTS

Silverside or corned beef roll
1/3 cup malt vinegar
A handful of whole cloves
3 tablespoons of brown sugar
Water

DIRECTIONS

In a slow cooker, place your rinsed corned beef roll.

Into the top of the roll, poke a handful of fresh cloves.

Sprinkle brown sugar on top of the roll.

Pour 1/3 cup of malt vinegar into the slow cooker. Fill up with water until the roll is covered or close to covered.

Cook on low for 6-8 hours.

Serve with vegies, gravy or white sauce.

TEX MEX POTATOES



SERVES: 6-8

INGREDIENTS

Potatoes (for as many people in your family as eats them). I like sweet potato instead

1 can of kidney beans

1 can corn

1 can salsa

Option: Serve with sour cream & grated cheese

DIRECTIONS

Wrap each potato in foil and place in a baking dish (place sweet potatoes in a separate dish as they sometimes leak juice as they cook).

Cook the potatoes well (for me that's usually over an hour and a half in a moderate oven).

In a pot, place drained and rinsed kidney beans, drained corn and salsa straight from the jar. Stir until combined well and heated.

Serve potatoes (cut open the top a little and scoop out some of the centre of each potato. My kids love doing this themselves. They eat the bit they scooped out of course too!).

Add some of the salsa, beans and corn mix on top of the potato. Add grated cheese or sour cream if you like.

SPANISH STEAK

SERVES: 8



INGREDIENTS

1 kg beef mince
1 can corn kernels drained
1 diced onion
4 teaspoons of minced garlic
spray oil
2 tins diced tomatoes
Serve with rice
Worcestershire sauce to taste (I use lots!)

DIRECTIONS

Spray frying pan with oil.

Brown onion and garlic.

Pop rice on in the rice cooker if you have one.

Brown mince.

Once mince is browned and cooked thoroughly, add drained corn, add tomatoes and a generous amount of Worcestershire sauce.

Serve on top of a bed of steamed rice.

Option: You can cut up celery and add it in once the mince has been browned. Adds a bit of texture and colour.

ASIAN CHICKEN

SERVES: 6-8



INGREDIENTS

A whole (uncooked) chicken
3 tablespoons Tamari/soy sauce
3 Teaspoons sesame oil
3 teaspoons minced garlic

DIRECTIONS

Remove whole chook from plastic wrapping.
Rinse under running water.

Combine all other ingredients for the sauce in
a small bowl.

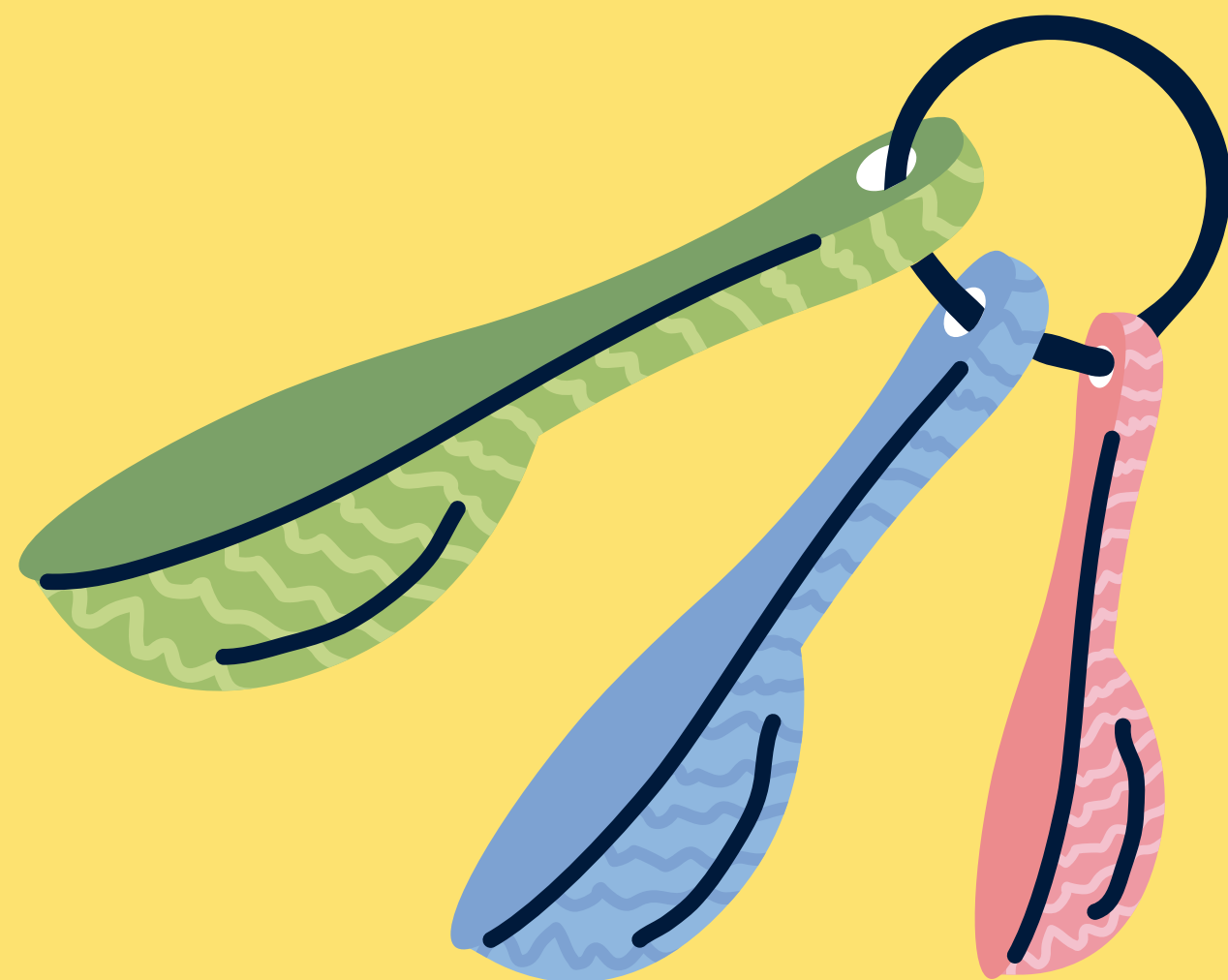
Place chicken into slow cooker* and pour
mixed sauce ingredients over the chicken.

Cook on high for 4 hours or low 6-8 hours.

Serve with steamed veg or a salad.

*We cook this in a slow cooker but you could
cook it on a rack over water in a baking dish
too.

EASY ZUCCHINI FRITTATA



MAKES 2 LARGE FAMILY
FRITTATAS

INGREDIENTS

14-16 eggs

A few handfuls of baby spinach

1 onion diced

1 cup plain flour

1 or 2 zucchinis grated

1 can corn kernels drained

1 diced capsicum

2 sliced tomatoes

Optional: curry powder to taste.

DIRECTIONS

Grate the zucchinis and set aside.

Crack and beat eggs well. Add flour and zucchini (and curry powder if using) and set mixture aside.

Spray oil into dishes (I use quiche/pie dishes).

Add a couple handfuls of baby spinach to the bottom of each pie dish.

Divide onion, corn, capsicum evenly between the pie dishes.

Pour egg mixture over the vegies divided between the pie dishes.

Top with slices of tomato and bake in oven (180 degrees) until cooked through.

BOILED EGGS SLAW & SALADS



SERVES: 6-8

INGREDIENTS

Boiled eggs enough for the family
2 carrots grated
1/2 cabbage shredded
1/2 jar whole egg mayo
1 large tin pineapple slices
1 large tin beetroot slices

DIRECTIONS

Boil up some eggs.

Mix grated carrot, shredded cabbage and mayo together to make an easy slaw.

Serve eggs with slaw, pineapple and beetroot.

Optional: Serve with bread rolls, steamed potatoes, potato salad or a garden salad.

TACO SOUP

SERVE: 6-8



INGREDIENTS

2 tins red kidney beans (drained and rinsed)

2 tins diced tomatoes

1 tin corn kernels

1 packet taco seasoning

1 diced onion

2 tablespoons of minced garlic

500ml of water

Serve with corn chips, grated cheese and sour cream

DIRECTIONS

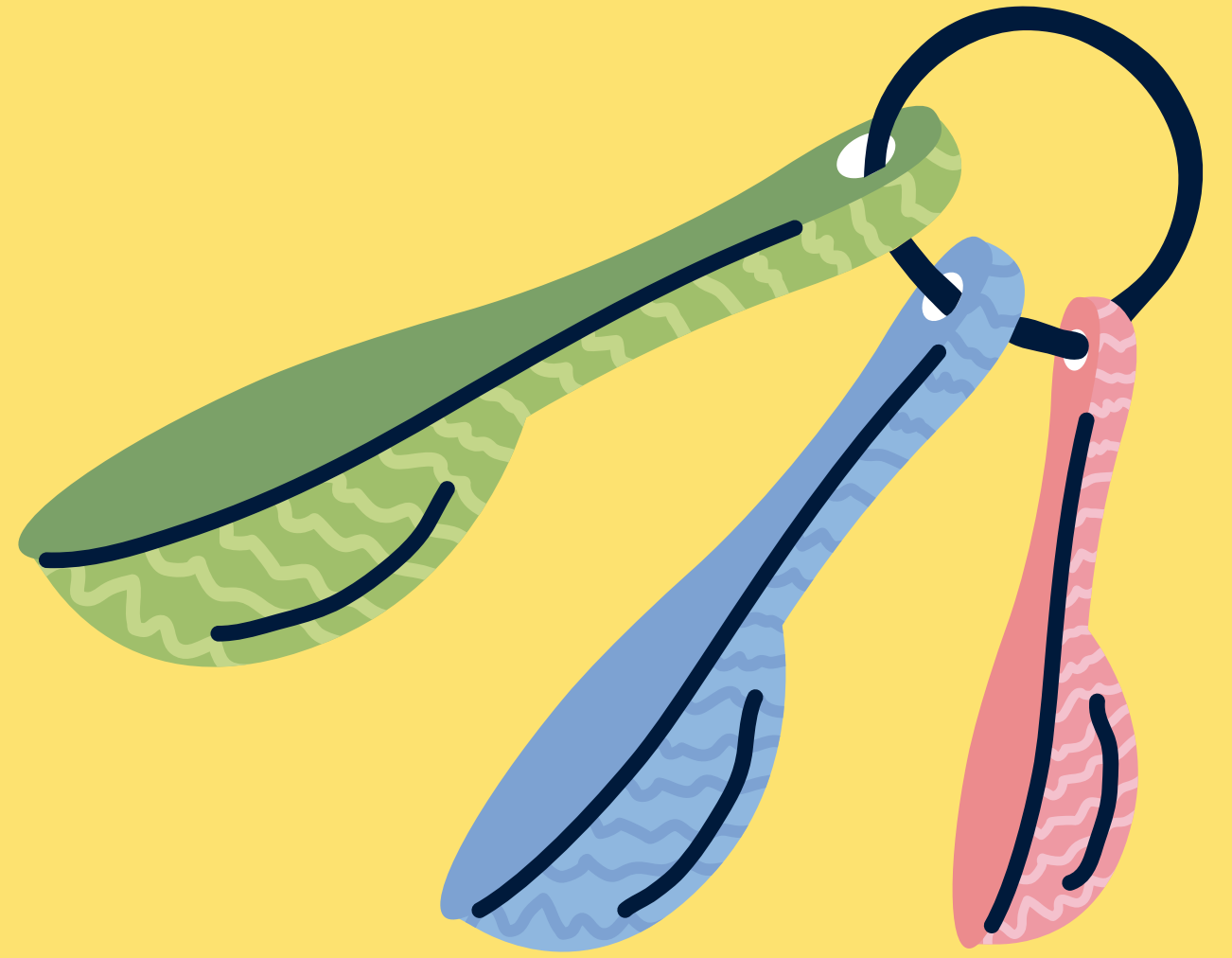
In a large saucepan, fry garlic and onion in a little spray oil.

Add all ingredients to the pot.

Bring to the boil and then simmer, stirring well so it doesn't stick to the bottom of the saucepan.

Serve with corn chips, grated cheese and sour cream.

SLOW COOKER CHOOK



SERVE: 6-8

INGREDIENTS

A whole chook
1 large tin diced tomatoes
2 onions chopped
4 garlic cloves chopped
100ml white wine vinegar
2 tbs brown sugar
2 tbs worcestershire sauce
4 teaspoons dried basil

DIRECTIONS

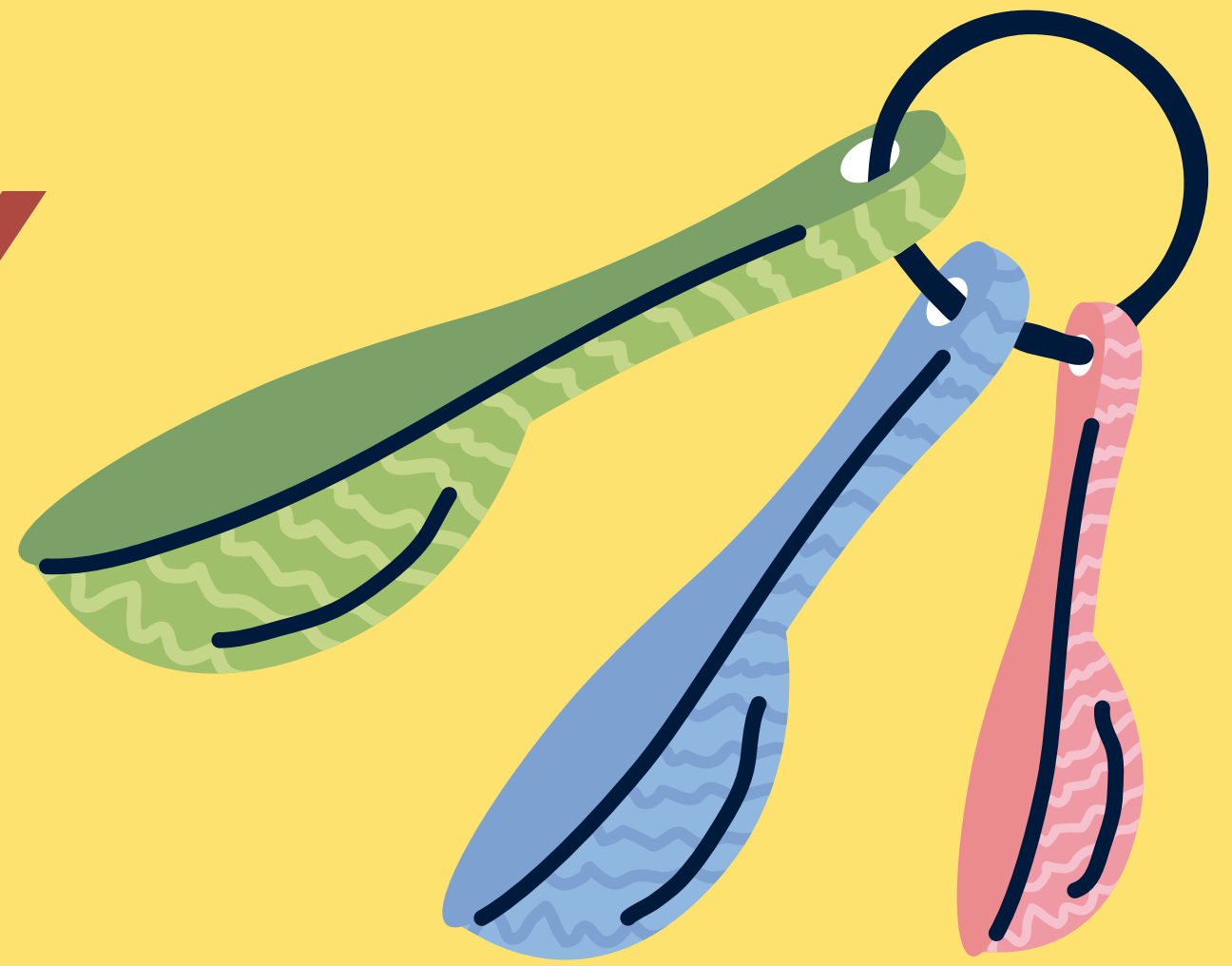
Place chicken in slow cooker.

Mix all ingredients together in a bowl.

Pour ingredients over chicken.

Cook in slow cooker on low for 6-8 hours.

SUPER EASY PUMPKIN SOUP



SERVE: 6-8

INGREDIENTS

A whole pumpkin, peeled, deseeded and chopped

3-4 sweet potatoes peeled and diced

2 onions chopped

6-8 garlic cloves chopped

2 big tablespoons of curry powder

olive oil

1 litre liquid chicken or veg stock

1 litre of water

Serve with garlic bread (optional)

DIRECTIONS

In a large saucepan, fry the onion and garlic in oil.

While browning, add curry powder and stir through well.

Add in chopped pumpkin and sweet potato and mix well.

Add chicken stock and a litre of water.

Cook on low heat and serve with garlic bread or bread rolls.

CHICKEN AND CREAMED CORN SOUP



SERVE: 6-8

INGREDIENTS

A couple of tinned chicken cans (or fresh if you have it!)

2 tins creamed corn

1 tin regular corn kernels (throw in the juice!)

1 large onion diced

3 teaspoons minced garlic

1 litre liquid veg or chicken stock

Chopped celery (optional)

Additional water

Serve with rice

DIRECTIONS

In a large saucepan or slow cooker, throw in all your ingredients.

If using a slow cooker, allow to cook on low for 6 hours.

If using the stove, bring to the boil and then allow to simmer to thicken and reduce a little. Ensure chicken is cooked properly.

Add more water to soup if necessary.

Pop on the rice cooker.

Add a large spoonful or two of rice to the bottom of a bowl and then ladle large servings of the chicken and creamed corn soup.