




# RECIPE BOOK

## — *Emergency Kit* —

*A compilation of recipes using  
your emergency food to produce  
nutritious tasty meals*



# FORWARD

*The recipes have been generously contributed by members of the Gold Coast community with the support of*

- Oxenford/Coomera Community & Youth Centre
- Varsity Lakes Community Resource Centre
- Southern Gold Coast 60 and Better Program



In times of uncertainty, whether due to natural disasters or other unforeseen circumstances, having a collection of recipes that rely solely on pantry staples or can use up items in your refrigerator or freezer before they spoil can be reassuring. These meals are not only nutritious and fulfilling but also delicious.

These recipes using non-perishable ingredients, commonly found in most households, ensure that you can prepare a warm meal for your loved ones when fresh produce isn't available and there is no access to grocery stores.

This recipe booklet will be a useful addition to your Disaster Emergency Kits to assist identifying which non-perishable food items to include, sourced from the recipes you select.

From hearty stews to comforting curries, simple pasta dishes and something sweet, dive into the vast array of meal options that bring comfort and flavour to your table, no matter the situation.



## BRUSSELS SPROUTS AND TUNA STEW

- 5 Brussels sprouts
- 1 can of tuna in brine
- 2 tablespoons olive oil
- 2 cloves garlic
- 1/2 teaspoon turmeric
- 1 teaspoon garam masala
- 1/4 teaspoon chilli powder
- 1 teaspoon ground cumin
- 2 x 400g can diced tomatoes
- 1 cup red lentils
- 2 tablespoons lemon juice
- 600ml vegetable stock
- 1 x 400ml can coconut milk
- salt & pepper to taste

### Method

- ✓ Melt butter or oil, sauté garlic for 2-3 minutes. Add spices cook further 30 seconds.
- ✓ Add tomatoes, red lentils, lemon juice, vegetable stock, coconut milk, bringing to boil.
- ✓ Reduce heat & simmer for 25-30 mins or until lentils are tender & cooked. Season with salt & pepper.

Kindly submitted by: Leanne P

\*\* This is great for using up vegetables so they don't spoil when there is power cuts



## TUNA AND BUTTERBEAN SALAD

1 x 425g can of tuna in oil

1 x 420g can of butter beans \*\*

finely chopped onion (to taste) \*\*

balsamic vinegar (to taste)

\*\* 4 bean mix or cannellini beans can be substituted

\*\* onion flakes can be used

### Method

- ✓ Drain and rinse beans and place in a bowl.
- ✓ Drain the excess oil from the tuna, break it up with a fork and add to the beans in the bowl.
- ✓ Finely slice an onion and add to the bean and tuna mix.  
\*\* add as much or as little to required taste

Kindly submitted by: Dominique L

*“This is a well-known recipe in Italy that I often enjoyed while growing up. I have also made it often as it’s so easy to put together using pantry staples. If you only have tuna in spring water, it will still work, but you need to add olive oil to help it all come together.”*



## RED KIDNEY BEAN AND VIENNA SAUSAGE STEW

2 cans of chilli kidney beans

1 can chicken Vienna sausage in chicken broth

1 can of sweetcorn

*"I'm from Colombia and we often get electricity cuts or water cuts and we just take cans and try to do the best with what we have at home. We make a fire outside the house and cook there till we get the electricity connected again."*

*"I encourage you to be creative."*

### Method

- ✓ Mix the beans and the corn in a pot.
- ✓ Add some salt and pepper and chilli powder or Tabasco sauce let it cook.
- ✓ Cut the sausages in slices and add those to the mixture. Serve when ready.

Kindly submitted by: Angelica T

*"Adjust the ingredients to suit the number of people you are serving. Try to avoid having leftovers if the power is disrupted and refrigeration is not an option."*



## RED STEW WITH DUMPLINGS

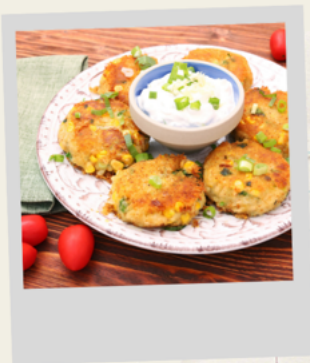
1 x 400g can whole baby carrots  
2 x 400g can Italian diced tomatoes with basil,  
garlic & onion  
1 cup macaroni  
1 x 400g can white beans  
1 x 420g can lentils  
1 chicken stock cube  
salt and pepper to taste

### Dumplings:

60g long life cream cheese spread triangles  
1/3 cup long life milk  
1 cup self raising flour  
pinch of salt

## Method

1. Chop drained baby carrots into small cubes.
  2. Combine carrots, tinned tomatoes, chicken stock cube, and 1 cup water in a pot.
  3. Add drained white beans and lentils, then bring to a simmer. Season with salt and pepper.
  4. Add macaroni and simmer for 10 minutes.
  5. Mix cream cheese and milk in a small bowl then combine with flour in a large bowl to form a sticky dough.
  6. Add a pinch of salt and more milk if needed.
  7. Roll dough into small balls and place on top of stew.
  8. Cover and simmer for 20 minutes.
- \*\* Cook on a BBQ or gas portable stove
- Kindly submitted by: Zoe L



## TUNA AND POTATO PATTIES

1 can of tuna in brine

1 large potato \*\*

1 red onion \*\*

garlic\*\* (optional)

shallots

1/2 carrot, grated \*\*

couple of broccoli florets\*\*

salt and pepper

breadcrumbs

oil

\*\* powdered potato can be used

\*\* garlic and onion powder can be used

\*\* canned vegetables can be substituted

### Method

- ✓ Par cook vegetables, soft boil and mash potato.
- ✓ In a bowl mix mash potato and vegetables and can of tuna, make patties (by rolling into balls).
- ✓ Roll patties into breadcrumbs.
- ✓ Heat 1 tablespoon of oil in a pan.
- ✓ Brown patties in pan for 2 minutes on both sides.

Kindly submitted by: Jennifer H



## FRIED RICE

2 large packs of cooked rice (pre-cooked bags in supermarket)

1 x 400g can of peas, corn and capsicum mix

1 teaspoon garlic powder

1 can of spam sliced into small pieces (optional)

1 teaspoon onion powder

1 teaspoon chicken or vegetable stock powder

2 tablespoon soy sauce (or to taste)

1 teaspoon sesame oil (or to taste)

2 tablespoon oyster sauce

1 teaspoon chilli powder or flakes (optional)

## Method

- ✓ Warm up rice in a frypan over medium heat.
- ✓ Add tin of vegetables and mix thoroughly and fry for 3 minutes.
- ✓ Add garlic, stock and onion powder and fry for 2 minutes.
- ✓ Add soy, sesame and oyster sauce and fry for another 2 minutes.
- ✓ Add chilli powder and fry for final 2 minutes and serve immediately.

Submitted anonymously





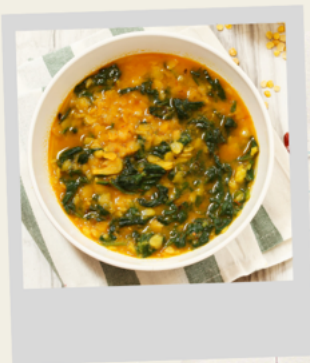
## CHICKPEA & TOMATO STEW

- 2 cans chickpeas, drained and rinsed
- 2 cans diced tomatoes
- 2 cans crushed tomatoes
- 4 tablespoons olive oil or vegetable oil
- 2-3 teaspoons garlic powder
- 2-3 teaspoons onion powder
- 2 teaspoons dried basil (optional)
- 2 teaspoons dried oregano (optional)
- 1 teaspoon dried thyme (optional)
- salt and pepper, to taste
- 1/2 teaspoon chilli flakes (optional, for some heat)
- 4 cups water or vegetable broth
- 3-4 tablespoons dehydrated vegetables (optional)
- 2 tablespoons dehydrated onions (optional)

### Method

- ✓ Heat olive oil in a medium pot over medium heat.
- ✓ Add garlic powder, onion powder, dehydrated onions, and herbs. Sauté for 1 minute.
- ✓ Stir in drained chickpeas along with diced and crushed tomatoes. Add water or vegetable broth, also add dehydrated vegetables if using.
- ✓ Bring to a gentle boil, then reduce to a simmer for 15-20 minutes.
- ✓ Season with salt, pepper, and chilli flakes. Once thickened and vegetables are softened, serve.

Submitted by: a VLCRC centre user



## LENTIL & COCONUT CURRY

- 2 cups dried lentils (green or red)
- 2 cans coconut milk
- 4 tablespoons curry powder (adjust based on preference)
- 2 teaspoons turmeric powder
- 2 teaspoons cumin powder
- 2-3 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon chilli powder (optional)
- salt and pepper, to taste
- 2 cans diced tomatoes
- 6 cups water
- 4 tablespoons vegetable oil or olive oil
- 3-4 tablespoons dehydrated vegetables (optional)
- 2 bay leaves (optional)

### Method

- ✓ Rinse lentils thoroughly under cold water.
- ✓ Heat oil in a large pot over medium heat.
- ✓ Add garlic powder, onion powder, curry powder, turmeric, cumin, and chilli powder. Stir for 1-2 minutes until fragrant.
- ✓ Add lentils and stir to coat with spices.
- ✓ Add diced tomatoes, coconut milk, water, dehydrated vegetables, and bay leaf; mix well.
- ✓ Bring to a boil, then reduce to a simmer. Cover and cook for 30-40 minutes until lentils are tender, stirring occasionally. Season with salt and pepper. Adjust thickness with water if needed. Remove bay leaf before serving.

Kindly submitted by: Phil B



## TUNA AND PASTA SALAD

- 2 cups dried lentils (green or red)
- 1 can of tuna
- 1 can of peas
- 1 can of carrots
- instant pasta (pasta that cooks quickly)
- mayonnaise packets
- salt and pepper

*“Ideally salads would be served cold, this salad can be made to serve immediately. You can adjust portions so there are no leftovers that require refrigeration.”*

### Method

- ✓ Cook the instant pasta on your BBQ or gas cooker. Drain and cool.
- ✓ Drain the canned tuna, peas, and carrots.
- ✓ In a large bowl, mix the cooked pasta with tuna, peas, and carrots.
- ✓ Add mayonnaise, salt, and pepper to taste and mix well.

Serve immediately or chill if possible.

Kindly submitted by: a VLCRC centre user



## SIMPLE SOUP

1 x 1 litre tetra pack of chicken stock

1 x 400g can mixed vegetables (carrots, peas, corn, green beans)

1 can of diced chicken or other protein

instant noodles or pasta

salt and pepper

*"This recipe can be adjusted to utilise whatever canned vegetables you have on hand. The use of spices and dried herbs can enhance the flavour. Add a little at a time until you get the desired flavour outcome."*

## Method

- ✓ Heat the chicken stock in a saucepan on your BBQ or gas cooker.
- ✓ Drain the canned vegetables and add them to the pot.
- ✓ Add canned chicken or other protein.
- ✓ Stir in instant noodles or pasta.
- ✓ Cook until the noodles or pasta are tender.
- ✓ Season with salt and pepper to taste.

Kindly submitted by: Lesley G



## HEARTY BEAN AND RICE SKILLET

1 can beans (black beans, kidney beans, or pinto beans)

1 can corn

1 bag instant rice

1 can diced tomatoes

chilli powder or flakes

salt and pepper

long life cheese shredded (optional)

olive oil

### Method

- ✓ Heat a small amount of olive oil in a skillet.
- ✓ Drain the canned beans and corn.
- ✓ Add the canned beans, corn, and canned diced tomatoes (with juice) to the skillet.
- ✓ Stir in instant rice. Add a small amount of water if needed (use the juice from the canned tomatoes to minimise additional water).
- ✓ Season with chilli powder, salt, and pepper.
- ✓ Top with shredded cheese if available and desired.

Kindly submitted by: Melinda H

## BBQ CHICKEN AND VEGETABLE PARCLES



4 x 85g cans chicken in spring water

1-2 cans mixed vegetables

BBQ sauce - to taste

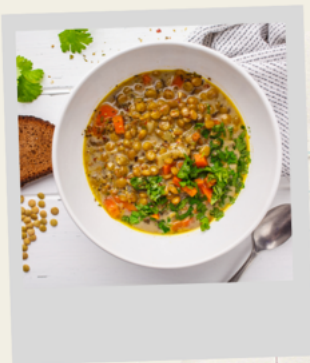
foil

*“Adjust the amount of ingredients to suit how many people you are feeding. Try to avoid leftovers if refrigeration is a problem due to power outages.”*

### Method

- ✓ Preheat your BBQ.
- ✓ Drain the canned chicken and mixed vegetables.
- ✓ Tear off large pieces of foil and create a packet by folding the edges.
- ✓ Place a portion of chicken and mixed vegetables in the centre of each foil piece.
- ✓ Add a few tablespoons of BBQ sauce to each packet. Then seal the packets tightly and place them on the BBQ.
- ✓ Cook for about 10-15 minutes, or until heated through. Carefully open the packets and serve.

Kindly submitted by: Dawn H



## LENTIL & VEGETABLE STEW

1 can lentils

1 can mixed vegetables (carrots, peas, corn, green beans)

1 can diced tomatoes

1 x 1 litre vegetable stock

1 tablespoon of olive oil

salt and pepper

Italian seasoning or dried herbs

\*\* adjust amounts depending on how many servings you require.

### Method

- ✓ Heat a small amount of olive oil in a pot on your BBQ or gas cooker.
- ✓ Drain the canned lentils and mixed vegetables.
- ✓ Add the lentils, mixed vegetables, and canned diced tomatoes (with juice) to the pot.
- ✓ Add vegetable stock.
- ✓ Season with salt, pepper, and Italian seasoning or dried herbs.
- ✓ Simmer for about 10-15 minutes, or until heated through.

Kindly submitted by: Roslyn D



## CHICKPEA AND COUSCOUS SALAD

1 can chickpeas

1 cup instant couscous

1 can diced tomatoes

1 jar or can olives

olive oil

lemon juice (optional)

salt and pepper

dried herbs (parsley, basil, or mint)

### Method

- ✓ Cook the instant couscous according to package instructions on your BBQ or gas cooker. Fluff with a fork.
- ✓ Drain the canned chickpeas, diced tomatoes, and olives.
- ✓ In a large bowl, combine the couscous, chickpeas, tomatoes, and olives.
- ✓ Drizzle with olive oil and lemon juice (if available).
- ✓ Season with salt, pepper, and dried herbs. Mix well.

Kindly submitted by: Melanie S





## BLACK BEAN & CORN QUESADILLAS

1 can black beans

1 can corn

long life cheese (optional)

tortillas or wraps

olive oil

salt and pepper

1 teaspoon cumin or chilli powder

*“This recipe can be adjusted by adding canned meat or long life cheese sauce. We encourage you to be creative.”*

### Method

- ✓ Drain the canned black beans and corn.
- ✓ In a bowl, mix the black beans and corn. Season with salt, pepper, and cumin or chilli powder.
- ✓ Heat a small amount of olive oil in a skillet on your BBQ or gas cooker.
- ✓ Place a tortilla in the skillet and spread a portion of the bean and corn mixture on one half of the tortilla.
- ✓ Sprinkle with grated cheese if using and fold the tortilla in half. Cook until the tortilla is golden brown, and the filling is heated through, flipping once.

Kindly submitted by: Claire G



## VEGETABLE STIR FRY

2 x 400g cans mixed vegetables (carrots, peas, corn, green beans)

2 large packets of instant rice

2 tablespoons soy sauce

1 tablespoon olive oil

1 teaspoon garlic powder

1 teaspoon onion powder

salt and pepper

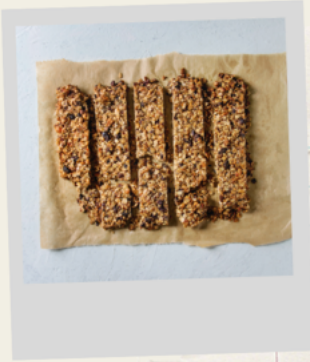
2 bay leaves (optional)

### Method

- ✓ Heat olive oil in a skillet or wok on your BBQ or gas cooker.
- ✓ Drain the canned mixed vegetables and add to the skillet and stir-fry for a few minutes until heated through.
- ✓ Add instant rice and stir until heated through.
- ✓ Season with soy sauce, garlic powder, onion powder, salt, and pepper.

Kindly submitted by: Melissa R

## NO BAKE ENERGY BITES



2 cups old-fashioned rolled oats

1/3 cup peanut butter (or any nut butter of your choice)

1/2 cup honey or maple syrup

1/2 cup chocolate chips or dried fruits

1/4 cup brown sugar (optional for sweetness)

1 teaspoon vanilla extract

1/4 cup sunflower seeds or nuts

pinch of salt

### Method

- ✓ In a bowl, combine the oats, peanut butter, honey, chocolate chips (or dried fruits), vanilla extract, and seeds or nuts if using. Mix until all ingredients are well incorporated.
- ✓ Using your hands or a spoon, form the mixture into small bite-sized balls. You can use a cookie scoop to make this process easier and to keep the sizes consistent.
- ✓ Place the energy bites on a baking sheet lined with parchment paper.
- ✓ Store: once firm, transfer the energy bites to an airtight container. They can be stored for up to a week.

Kindly submitted by: Glenda D



## EGGLESS PANCAKE RECIPE

- 1 cup all purpose flour
- 1 teaspoon sugar
- 1/4 teaspoon ground cinnamon
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup long-life milk
- 3 tablespoon vegetable oil
- 1 tablespoon water
- 1 teaspoon vanilla extract

### Method

- ✓ Whisk together the dry ingredients in a bowl.
- ✓ In another bowl, add the milk, water, vanilla extract and 1 tablespoon of the oil, mix well.
- ✓ Add wet ingredients to dry ingredients. Do not over-mix.
- ✓ Heat a small amount of oil in frypan over medium heat. Pour batter into frypan and cook until bubbles appear on surface then flip over and cook on other side for 30 seconds.
- ✓ Remove and put on plate and cover with foil
- ✓ Serve with maple syrup, honey, Nutella or your choice of topping.

Kindly submitted by: Kristy K



## RICE PUDDING

3 cups cooked rice

3 cups long-life milk

1/3 cup sugar

1/4 teaspoon salt

1½ teaspoons vanilla extract

1/4 teaspoon cinnamon

1/2 cup any dried fruit (optional)

*“Adjust the recipe to ensure there are no leftovers if you don’t have access to refrigeration”*

## Method


- ✓ Place cooked rice and milk into saucepan on gas camping stove or BBQ. Add sugar and salt.
- ✓ Bring mixture to a vigorous simmer over medium-high heat, stirring frequently and scraping bottom of pan regularly to avoid rice sticking and burning.
- ✓ Reduce heat to maintain a simmer and cook uncovered until rice is tender. 10-12 minutes.
- ✓ Remove from heat and stir in vanilla extract.
- ✓ Serve warm or cold.

Kindly submitted by: Lucy-Lou “A camping favourite”

# PANTRY STAPLES

*“This is a basic list of pantry staples,  
add things according to your likes  
and dietary requirements”*

Long life milk  
Long life cream  
Long life cheese  
2 minute noodles  
Cans of beans (variety of green, butter, 4  
mix etc)  
Cans of lentils  
Cans of corn kernels  
Cans of tomatoes  
Containers of chicken, beef and vegetable  
stock  
Dried onion flakes  
Dried garlic flakes  
Dried herbs  
Dried spices  
Cans of tuna  
Cans of chicken  
Cans of coconut milk  
Packets of dried pasta  
Packets of pre-cooked rice  
Flour  
Bottles of concentrated lemon or lime juice  
Bottles of assorted oils (balsamic, sesame,  
olive etc)  
Dried parmesan  
Aluminum foil  
Baking paper  
Salt and pepper



# CONTRIBUTORS COMMENTS

## RED STEW WITH DUMPLINGS

Submitted by: **Zoe L**

My simple recipe includes easy to access ingredients and is nourishing and healthy. The dumplings are great if you don't have access to fresh bread. And they are very tasty. I am 10 years old and love cooking. At Girl Guides I have learnt how to turn simple ingredients into a delicious meal with limited resources.

## RED KIDNEY BEAN AND VIENNA SAUSAGE STEW

Submitted by: **Angelica T**

Well, I'm from Colombia and we often get electricity cuts or water cuts and we just take cans and try to do the best with that what we have at home. We make a fire outside the house and cook there till we get the electricity connected again.

## BRUSSELL SPROUT AND TUNA STEW

Submitted by: **Leanne P**

Recipe was given to me by work colleague. I believe it's a simple easy to cook recipe with only items from the pantry & a gas cooker to make this perfect dish! Hubby & I love this recipe & usually cook a huge pot up, freezing it for easy to go to lunches.

## TUNA AND BUTTERBEAN SALAD

Submitted by: **Dominique L**

This is a well-known recipe in Italy that I often enjoyed while growing up. I have also made it often because it's tasty and so easy to put together using pantry staples.

If you're hungry this is ready in a jiffy too. If you only have tuna in spring water, it will still work, but you need to add olive oil to help it all come together.

This tuna and bean salad can be eaten on its own or it can be used as a sandwich filling in nice crunchy bread. Ciao!

# ACKNOWLEDGEMENTS

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**Queensland Government**



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