

# Heritage Day and Canned Goods 2024 Recipes



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**VISION 130**  
*Renew and Reimagine  
towards 2034*

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Compiled for Eat & Succeed by the  
Department of Nutrition and Dietetics, UFS



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# Heritage Day recipes



# Cooking equipment needed

- Two-plate stove top/hot plate OR electrical frying pan
- Frying pan
- Cooking pot
- Mixing bowl
- Spatula/mixing spoon/wooden spoon
- Chopping knives
- Cutting board
- Colander
- Kitchen towel





# Dombolo (dumplings)



Preparation time  
10 minutes



Cooking time  
20 minutes



Servings  
4



Required  
pot and stove top

## INGREDIENTS

- 1 cup chopped spinach
- ½ cup grated carrot (one large carrot)
- 1 cup of flour
- 1 tsp baking powder
- 1 tbsp sugar
- ½ cup water
- 1 pinch of salt
- 2 tsp canola oil (for greasing the bowl)

## METHOD

1. Wash and chop the spinach and measure out one cup.
2. Wash and grate (or chop finely) one or more carrots and measure out ½ cup.
3. Mix all the ingredients together.
4. Form into 4 balls and place into a greased bowl.
5. Place the bowl with dombolo dough into another pot with boiling water and cover.
6. Let the dough cook/steam for 20 minutes.



### This dish:

This is an easy way to prepare starchy food that goes well with any meat and vegetable.

You can also use washed cans to make individual breads. Place a dough ball into each can. Place the cans with dough to stand upright in the pot of boiling water. Cover the pot and allow the bread to steam for 20 minutes.

### Per Serving:

Energy (kJ)	770 kJ
CHO (g)	32,5 g
Protein (g)	4,5 g
Fat (g)	2,8 g

### Cost per serving:

±R2,40  
08/05/2024



# Pap (soft porridge)



Preparation time  
5 minutes



Cooking time  
30 minutes



Servings  
3



Required  
pot and stove top

## INGREDIENTS

- 1½ cup water
- 1¼ cup maize meal
- ½ tsp salt

## METHOD

1. Bring water to a boil in a medium-sized pot.
2. Add ½ tsp of salt to the water.
3. Slowly add 1 cup of maize meal to the water while stirring to avoid lumps.
4. Cover with a lid, lower the temperature and let cook for 5 minutes.
5. Add ¼ cup maize meal and stir well.
6. Cover with the lid and cook on low heat for 15 minutes.



**This dish:**

The more maize meal you add, the higher the energy content of the pap will be.

You can enjoy pap at any time of the day.

### Per Serving:

Energy (kJ) 950 kJ  
CHO (g) 48,80 g  
Protein (g) 4,7 g  
Fat (g) 1 g

### Cost per serving:

±R2,26  
08/05/2024



# Samp and beans



Preparation time  
2 hours



Cooking time  
1 hour



Servings  
6



Required  
mixing bowl,  
pot and stove top

## INGREDIENTS

- ½ cup beans
- 1 cups samp (quick samp)
- 5 cups water
- 1 tsp canola oil
- ½ onion, chopped
- 1 tbsp curry powder
- ½ stock cube

## METHOD

1. Add the beans and samp to a large bowl and cover with water.
2. Soak the samp and beans for 1-2 hours and then drain. Rinse with water and drain again.
3. Add the beans and samp into a large pot; add 5 cups of water.
4. Set the stove plate to medium heat to boil the samp and beans. Check every 20 minutes that the water has not completely cooked away – if so, add a cup of water and keep cooking until the samp and beans are slightly soft (30-45 minutes).
5. Heat the oil in a separate pan and fry the onions and spices.
6. Add the onions and stock cube to the samp and cook for another 20-30 minutes on medium heat.



**This dish:**

Remember to set an alarm to check on the samp and beans. It can be you study breaks.

You can also use canned beans for convenience. If you are using canned beans, add the beans to the pot for the last 15-20 minutes of Cooking time.

### Per Serving:

Energy (kJ) 716 kJ  
CHO (g) 34,4 g  
Protein (g) 4,7 g  
Fat (g) 1,3 g

### Cost per serving:

±R4,50  
08/05/2024



# Curry mince



Preparation time  
10 minutes



Cooking time  
30 minutes



Servings  
4-6



Required  
pan and stove top

## INGREDIENTS

- 2 tsp oil
- 1 onion, chopped
- 1 tsp garlic
- 500 g mincemeat
- 4 tbsp chutney
- 1 tbsp vinegar
- 1 tbsp curry powder
- 1 tsp turmeric
- 1 tbsp sugar
- ½ to 1 tsp salt
- ½ to 1 tsp black pepper
- 1 cup mixed vegetables (any vegetables - fresh, frozen or canned)



### This dish:

Any frozen or fresh vegetables will work great in this dish. Chopped carrots, corn and green peas are the usual favourites.

The curry mincemeat can be served with rice, pap or potatoes. It is a great meal prep dish that even tastes great in a sandwich.

## METHOD

1. Heat the oil in a pan on medium heat.
2. Add the onion and garlic and gently fry until the onions are translucent.
3. Add mincemeat and stir until the meat loses its pink colour.
4. Stop stirring and let it cook until the meat has a brown colour.
5. Add chutney, vinegar, curry powder, turmeric, sugar, salt and pepper and vegetables of choice.
6. Cook for 5 minutes.

### Per Serving:

Energy (kJ) 1 603-2 405 kJ  
CHO (g) 19-29 g  
Protein (g) 20-30 g  
Fat (g) 25-37 g

### Cost per serving:

±R13,00-R19,63  
08/05/2024



# Spicy spinach



Preparation time  
10 minutes



Cooking time  
20 minutes



Servings  
4



Required  
pot and stove top

## INGREDIENTS

- 400 g large bunch spinach
- 2 tbsp margarine
- 1 onion (finely chopped)
- 1 tsp garlic
- 1 tomato chopped and peeled tin
- 1 tbsp peri-peri/paprika spice
- 250 ml full cream milk or Amasi, or  
½ cup (4 tbsp plain yoghurt)



### This dish:

The chopped and peeled tomato tin can be made at home with 3 tomatoes: Put the 3 tomatoes in boiling water for 10-15 minutes to loosen the skin and then peel. Chop the tomato according to your desired size.

You can add more or less spice depending on how spicy you like your food.

## METHOD

1. Blanch the spinach leaves by submerging them in boiling water in a pot for 10 minutes.
2. Take the spinach out of the boiling water and place it in cold water. (This helps the leaves keep their green colour.)
3. Place the margarine and finely chopped onion in a pot and cook on medium heat for 5 minutes or until onions become translucent.
4. Add garlic and peri-peri/paprika spice to the onions.
5. Add the tinned chopped and peeled tomatoes and cook for 5 minutes.
6. Add the blanched spinach to the pot again. Stir and cook until spinach and all other ingredients are combined and soft.
7. For a creamer taste, add milk or yoghurt or Amasi and bring to the boil.

### Per Serving:

Energy (kJ) 482 kJ  
CHO (g) 15,85 g  
Protein (g) 6 g  
Fat (g) 5,6 g

### Cost per serving:

±R17,70  
08/05/2024



# Green beans



Preparation time  
10 minutes



Cooking time  
30 minutes



Servings  
2



Required  
2 pots, stove top

## INGREDIENTS

- 1 cup green beans, chopped
- 3 cups water
- 1 cup potato, cubed
- ½ tsp salt
- ½ tsp pepper
- 1 tsp margarine



**This dish:**

Green beans go well with any meat or starch.

## METHOD

1. Peel and cut the potatoes into cubes.
2. Boil the potatoes in a pot of water. Make sure all the potatoes are covered with water. Add a lid to preserve nutrients, but be careful that the water does not boil over.
3. While the potatoes are boiling, cut the ends of the green beans and chop them up.
4. Boil the beans in water in a pot until soft. Use just enough water to cover the beans. You want the water to boil away without overcooking the beans. (Excess water that you throw off after cooking will get rid of vitamins and make your vegetables less nutritious.)
5. When the potatoes are soft all the way through, drain the extra water from the potato. (This water is also full of vitamins, so it is best not to have too much left.)
6. Add the cooked beans to the potatoes while still hot. (Cold potato makes lumpy mash.)
7. Mash the potato and beans together with salt, pepper and margarine. You can use a masher, wooden spoon or fork.

### Per Serving:

Energy (kJ)	208 kJ
CHO (g)	7,75 g
Protein (g)	1,8 g
Fat (g)	1,2 g

### Cost per serving:

±R6,86  
08/05/2024



# Pumpkin/butternut mash



Preparation time  
15 minutes



Cooking time  
10 minutes



Servings  
3



Required  
glass or plastic bowl  
and microwave

## INGREDIENTS

- ½ butternut or pumpkin (300 g)
- 2 cups water
- 1 tsp salt
- ½ tsp cinnamon
- 1- 2 tsp sugar
- 50 ml milk

## METHOD

1. Peel and cut the pumpkin or butternut into cubes.
2. Place the cubes into a microwave-safe bowl and cover with water.
3. Microwave for 8-10 minutes until soft. Test every 3-4 minutes.
4. Drain the extra water (there should not be much left, so that you do not throw away all the vitamins that dissolve in the water) and mash with a masher or a masher, wooden spoon or fork.
5. Add the spices and sugar.
6. Milk can be added for a creamier taste.



### *Tips* This dish:

Is a great side with any meat and starch. And it is easy to prepare in the week or on days when you do not have a lot of time.

You can also cook this dish in a pot on the stove top.

### Per Serving:

Energy (kJ) 327 kJ  
CHO (g) 15,6 g  
Protein (g) 2,1 g  
Fat (g) 0,7 g

### Cost per serving:

±R1,80  
09/05/2024



# Butternut and carrot soup



Preparation time  
15 minutes



Cooking time  
40 minutes



Servings  
3-4



Required  
pot and stove top

## INGREDIENTS

- ½ tbsp canola oil
- ½ onion, chopped
- ½ butternut squash peeled and cubed (300 g)
- 2 large carrots, peeled and sliced
- 1 tbsp mixed herbs
- 1 tsp salt
- 1 tsp pepper
- 1 chicken stock cube
- 3 cups water
- 2 tbsp smooth low-fat cottage cheese

## METHOD

1. Heat the oil and onion in a pot.
2. Dissolve the stock cube in a cup of water.
3. Add the cubed butternut and carrots to the pot once the onions are translucent.
4. Add the spices, dissolved stock cube and 2 cups of water into the pot.
5. Bring to a boil, then simmer (boil very gently so only small bubbles form) for 20-30 minutes.
6. Mash the butternut and carrot with a masher, wooden spoon or fork and add the cottage cheese.



**This dish:**

The dish pairs well with chicken, fresh bread or stiff pap.

### Per Serving:

Energy (kJ) 891,5 kJ  
CHO (g) 33,5 g  
Protein (g) 11,2 g  
Fat (g) 3,55 g

### Cost per serving:

±R19,60  
09/05/2024



# Isigwagane



Preparation time  
15 minutes



Cooking time  
40 minutes



Servings  
3-4



Required  
mixing bowl,  
pan and stove top

## INGREDIENTS

- 1 tbsp oil
- 1 onion – peeled and chopped
- 1 tsp curry powder
- 1 tin red kidney beans; fluids drained
- 1 to 2 carrots, peeled and grated or finely chopped
- ½ tsp BBQ spice
- ½ tsp Aromat
- 1 cup maize (mielie) meal

## METHOD

1. Heat the oil in a pot and add the onion.
2. Add the curry powder.
3. Add the grated carrots.
4. Add the rest of the spices.
5. Add the drained kidney beans.
6. Let simmer for 5 minutes (gently cook so that only small bubbles form).
7. Add the maize (mielie) meal to the pot, but do not stir. Let stand for 5 minutes.
8. Use the stick end of a wooden spoon to stir while adding more maize (mielie) meal until you get the desired crumple pap texture.
9. Allow to cook on low-medium heat until fully cooked.



**This dish:**

Goes well with chicken or fresh bread.

### Per Serving:

Energy (kJ) 891,5 kJ  
CHO (g) 33,5 g  
Protein (g) 11,2 g  
Fat (g) 3,55 g

### Cost per serving:

±R19,60  
09/05/2024



# Spicy tomato chicken livers



Preparation time  
15 minutes



Cooking time  
40 minutes



Servings  
3-4



Required:  
mixing bowl,  
pot and stove top

## INGREDIENTS

- 50 g flour
- 1 tbsp coriander seeds, crushed
- 2 tsp paprika
- 1 x 250 g peri-peri chicken livers
- 2 tbsp canola oil
- 1 large onion, chopped
- 1 tsp salt
- 1 tsp pepper
- ½ block chicken stock cube dissolved in ½ cup water
- 1 can chopped tomatoes
- 2 tsp garlic, crushed



### This dish:

Goes well with bread, *dombolo* or pap.

You don't have to use peri-peri chicken livers; regular chicken livers can also work.

You can use a can of chakalaka spicy tomato if you like very spicy food.

## METHOD

1. Pat dry the chicken livers using kitchen paper.
2. In a medium-sized bowl, mix the flour, coriander and paprika.
3. Coat the chicken livers with the spicy flour by gently tossing them in the bowl.
4. Heat the oil in a pot and add the chopped onions. Gently fry until translucent.
5. Move the onions to the side and brown the chicken livers in the pot with the onions.
6. Add the tomatoes, ½ cup chicken stock and garlic.
7. Stir and cook for 10 minutes.

### Per Serving:

Energy (kJ) 1 296 kJ  
CHO (g) 28,4 g  
Protein (g) 14,7 g  
Fat (g) 15 g

### Cost per serving:

±R16,66  
21/05/2024



# Beef stew with amasi



Preparation time  
20 minutes



Cooking time  
40 minutes



Servings  
4



Required  
mixing bowl,  
pot and stove top

## INGREDIENTS

- 1.5 kg beef stewing meat
- ¼ cup amasi (or sour cream)
- 2 tbsp sweet chilli sauce
- 2 tbsp chutney
- 1 tbsp oil
- 1 onion, diced
- ½ each green peppers, chopped
- 1 clove garlic, minced
- 1 tsp curry powder (like Rajah)
- 1 sachet of powdered soup

## METHOD

1. Marinate beef with sour cream chutney, sweet chilli sauce, garlic and all the spices - mix well.
2. Fry onion in a bit of oil with curry powder; then add the marinated beef.
3. Cook slowly over low heat until well done.
4. Add soup powder to a half cup of water and stir until lump-free.
5. Pour into the pot with the rest of the dish.
6. Add green peppers and simmer (gently cook with just small bubbles forming) for 10 minutes.



**This dish:**

Can be served with rice, papa or steamed bread.

### Per Serving:

Energy (kJ)	10 530 kJ
CHO (g)	23,2 g
Protein (g)	181,95 g
Fat (g)	198 g

### Cost per serving:

±R45,48



# Amasi flapjacks



Preparation time  
10 minutes



Cooking time  
20 minutes



Servings  
14-16



Required  
mixing bowl,  
pan and stove top

## INGREDIENTS

- 500 ml flour cake
- 10 ml baking powder
- 5 ml bicarbonate of soda
- 2,5 ml salt
- 30 ml sugar
- 5 ml vanilla essence
- 500 ml amasi
- 2 beaten eggs (use a fork)
- Oil for shallow pan frying

## METHOD

1. Mix the flour, baking powder, bicarbonate of soda, salt and sugar in a mixing bowl. Make a hollow in the middle of the mixture.
2. Beat the vanilla essence, amasi and eggs together in another mixing bowl.
3. Pour the egg mixture into the hollow and beat into a smooth batter with a spoon.
4. Cover and set aside to rest for at least 30 minutes.
5. Heat a little oil in a pan and spoon dollops of the batter into it.
6. Fry over medium heat until the flapjacks are golden brown on both sides and done in the middle.



**This dish:**

Can be served with rice, papa or steamed bread

### Per Serving:

Energy (kJ) 580,5 kJ  
CHO (g) 24,68 g  
Protein (g) 4,48 g  
Fat (g) 2,29 g

### Cost per serving:

±R34,90  
22/05/2024



# Amasi cheesecake



Preparation time  
24 hours



Cooking time  
1 hour



Servings  
12



mixing bowl; 20x20 cm  
glass dish/cake pan, fridge

## INGREDIENTS

### Filling

- 2 L amasi
- ½ tsp salt
- ½ can condensed milk
- 3 tbsp lemon juice

### Crust

- 1 packet of Tennis biscuits
- 2 tbsp melted butter

### Topping

- Granadilla pulp

## METHOD

1. Take a large mixing bowl with holes and place a kitchen towel over the bowl. Press the towel in so that it touches the bottom and sides of the bowl. The holes will allow the excess fluid to drain.
2. Pour the amasi into the kitchen towel. Fold the towel over the bowl and refrigerate for 24 hours.
3. After 24 hours, crush 1 packet of Tennis biscuits and mix with melted butter.
4. In a cake, tart or shallow glass pan, press the buttered tennis biscuit crumbs into an even layer to form a crust.
5. Place in the refrigerator to chill while mixing the filling.
6. After 24 hours, the amasi has formed about 800 g of cream cheese.
7. In a clean mixing bowl, add the cream cheese amasi, salt, condensed milk and lemon juice, and mix well.
8. Pour the filling mixture over the crust. Smooth out the filling to form an even layer.
9. Pour over the granadilla pulp and refrigerate for 1 h.



### This dish:

Is an easy and cost-effective way to make cream cheese.

You can use fresh fruit as toppings as well.

### Per Serving:

Energy (kJ)	823 kJ
CHO (g)	27,3 g
Protein (g)	5 g
Fat (g)	7,3 g

### Cost per serving:

±R14,16  
22/05/2024

A collage of various canned goods including beans, corn, peas, and carrots in metal cans. The items are arranged in a grid-like pattern, showing different varieties of beans (red kidney, white), corn (yellow), peas (green), and carrots (orange).

# Canned goods

# Cooking equipment needed

- Stove top/hot plate/electrical frying pan

- Frying pan



- Cooking pot



- Mixing bowl

- Spatula/mixing spoon/wooden spoon



- Chopping knives



- Cutting board



- Grater





# Pilchard pasta



Preparation time  
5 minutes



Cooking time  
20 minutes



Servings  
4



Required  
pan and stove top

## INGREDIENTS

- 1 tbsp oil
- 1 onion, chopped
- 1½ cups dry pasta
- 1 tsp salt
- 2 tins pilchards in tomato sauce
- 1 tin tomatoes
- 1 tsp Worcestershire sauce
- 4 tbsp grated cheese

## METHOD

1. Heat the oil in a pan and gently fry the chopped onion until translucent.
2. While the onions are cooking, bring a pot of water to a boil and add salt and the pasta. Cook according to packet instructions.
3. Drain the pasta after cooking.
4. Add the pilchards, tomatoes and Worcestershire sauce to the pot with the onions. Stir to combine all the ingredients and season with salt and pepper. Cook for ±10 minutes.
5. Add the drained pasta to the pot with pilchards.
6. If the sauce is too thick, add 2 tbsp of water at a time until you get the desired consistency.
7. Top with the grated cheese.



### This dish:

For every cup of pasta, add 2 cups of water to the pot when cooking pasta. If you use too little water, the pasta will stick together and become slimy.

Pilchards are the richest dietary source of omega-3 fatty acids that support brain health and protect against heart disease and inflammatory diseases.

### Per Serving:

Energy (kJ)	2 407 kJ
CHO (g)	53,75 g
Protein (g)	49,5 g
Fat (g)	17,6 g

### Cost per serving:

±R25,60  
20/05/2024



# Vegetable curry



Preparation time  
15 minutes



Cooking time  
30 minutes



Servings  
2



Required  
pot and stove top

## INGREDIENTS

- 1 cup butternut/ pumpkin, cubed
- 2 tbsp oil
- 1 onion, chopped
- 1 tsp curry powder
- 1 tomato, chopped
- ½ cup water
- 1 tin of mixed vegetables in curry sauce
- 1 tsp salt
- 1 tsp pepper

## METHOD

1. Add the cubed butternut/pumpkin to a pot, cover with water and boil until soft
2. In another pot, heat the oil and gently fry the chopped onions until translucent.
3. Add the curry powder and tomatoes to the pot.
4. Add ½ cup water and allow to simmer for 5 minutes.
5. Add the tin of mixed vegetables and salt and pepper.
6. Drain the butternut/pumpkin when a knife tin pass through easily. (Do not cook in too much water because you will lose all the vitamins that dissolve in the water – use just enough to cook soft.)
7. Add the butternut/pumpkin to the curry sauce. Let simmer for 5-10 minutes until all the vegetables are soft.



**This dish:**

You can substitute any vegetable if you do not have butternut or pumpkin.

Butternut and pumpkin are rich sources of carotenes, which are vitamin A precursors that support your immune system and fight oxidative damage in the body, thus protecting you from chronic diseases and cancer.

### Per Serving:

Energy (kJ)	961,5 kJ
CHO (g)	31,85 g
Protein (g)	5,9 g
Fat (g)	8,65 g

### Cost per serving:

±R14,72  
20/05/2024



# Pap and chakalaka pilchards



Preparation time  
20 minutes



Cooking time  
30 minutes



Servings  
4



Required  
pot and stove top

## INGREDIENTS

### For the pap

- 1½ cup water
- 1¼ cup maize meal
- ½ tsp salt

### For the chakalaka pilchards

- 2 tbsp oil
- 1 onion, chopped
- ½ tin of tomatoes/chakalaka sauce
- 2 carrots, grated or chopped
- ¼ each bell pepper (green, yellow), chopped
- 1 tin of pilchards in tomato sauce
- 1 tsp curry powder
- 2 tsp paprika
- 1 tsp salt
- ¼ cup water



### This dish:

Start the pap first, as it takes longer to cook than the rest. Add the salt in after the water starts to boil. If you add in the salt before the water boils, it takes longer to boil.

Pilchards are the richest dietary source of omega-3 fatty acids that support brain health and protect against chronic diseases.

You can remove any bones from the pilchards before adding them to the pot, but these soft bones are a rich source of calcium that supports bone density and healthy blood pressure.

## METHOD

### Pap

1. Bring the water to a boil in a pot and add in the salt.
2. Add 1 cup of maize meal while stirring to prevent lumps from forming.
3. Cover with a lid, lower the temperature and let cook for 5 minutes.
4. Add ¼ cup maize meal and stir well. Cover with a lid and cook on low heat for 15 minutes.

### Pilchards

1. Heat the oil in a pot and gently fry the onions until translucent.
2. Add the carrots to the pan.
3. When the carrots start to soften, add the chopped bell peppers. Cook for 3-5 minutes.
4. Add in all the spices and stir to combine all the ingredients.
5. Add the pilchards, water and chakalaka tomato sauce to the pot, stir and let simmer for 5-10 minutes.

### Per Serving:

Energy (kJ)	2 111, 75 kJ
CHO (g)	74,2 g
Protein (g)	26,4 g
Fat (g)	10,9 g

### Cost per serving:

±R14,41  
20/05/2024



# Taco soup



Preparation time  
10 minutes



Cooking time  
30 minutes



Servings  
6-8



Required  
pot and stove top

## INGREDIENTS

- 1 tbsp oil
- 1 onion, chopped
- 500 g beef mince
- 2 tsp garlic
- 1 tin tomato hot chakalaka
- 1 tsp pepper
- 2 beef/chicken stock cubes dissolved in 4 cups water
- 1 tin of kidney beans
- 1 tin of black beans
- 1 tin of corn kernels in brine

## METHOD

1. Heat the oil in a large pot and cook the onions until translucent.
2. Add the mince and cook until the meat is no longer pink (6-8 minutes).
3. Add the garlic and chakalaka tomatoes; stir and cook for 2 minutes.
4. Add the spices, dissolved stock cubes, drained corn kernels and beans.
5. Bring to a boil over medium-high heat.
6. Reduce the heat to medium-low heat. Partially cover the pot and stir every 5 minutes for 20 minutes.



### This dish:

2 tins of mixed beans could also work well.

If you like spicy food, you tin add chopped jalapeno or 2 tsp paprika. You have to remove the seeds before chopping the jalapeno if you don't want it to be very hot. The more seeds you include, the spicier the dish will be.

Chillies, bell peppers and sweet peppers contain capsicum that protects against chronic diseases and cancer.

### Per Serving:

Energy (kJ)	2 351 kJ
CHO (g)	48,7 g
Protein (g)	30,7 g
Fat (g)	27 g

### Cost per serving:

±R23,81  
21/05/2024



# Butternut and roasted chickpea stew



Preparation time  
20 minutes



Cooking time  
1 hour



Servings  
4



Required  
pot, pan and stove top

## INGREDIENTS

- 1 kg butternut squash cubes
- 2 tablespoon oil
- 1 teaspoon salt

### For the sauce

- 1 onion finely chopped
- 3 teaspoons crushed garlic and ginger mix
- 2 tablespoons curry powder
- ½ teaspoon cinnamon
- 400 g tin tomatoes/fresh chopped tomatoes

- 1 cube curry vegetable stock
- ½ cup full cream milk and salt, to taste

### For the crispy chickpeas

- 1x 400 g tin chickpeas drained
- 1 tbsp oil and salt to taste

## METHOD

1. Place the butternut squash in a large cooking pot.
2. Add ¼ cup of water and boil until cooked (just soft through and through)
3. Drain water from butternut and remove from pot.
4. Add oil to frying pan, and on medium heat, add butternut to hot oil, add salt and fry until golden brown.
5. To make the sauce, soften the onion in a little oil or butter in a large pot.
6. Add the garlic and ginger and cook until fragrant.
7. Add the spices and fry for 30 seconds.
8. Add in the tomatoes, sugar, stock and milk.
9. Season to taste, then allow to boil on low heat for 15-20 minutes until the sauce has thickened and reduced slightly.
10. Add the roasted butternut to the sauce and allow to cook for another 10-20 minutes.

### To prepare the chickpeas:

12. Heat the oil in a large frying pan, then add the drained chickpeas.
13. Fry until the chickpeas start to brown.
14. Add the spices.
15. Cook until the chickpeas are crisp and golden then remove from the heat.



### This dish:

Full-cream milk can be swapped for low-fat milk.

Meat or chicken strips, fish or sausages can be added.

Can be served with rice, pasta or bread.

### Per Serving:

Energy (kJ)	2 191 kJ
CHO (g)	82,5 g
Protein (g)	18,85 g
Fat (g)	12,7 g

### Cost per serving:

±R22,87  
20/05/2024



# Chakalaka and 3-bean salad



Preparation time  
10 minutes



Cooking time  
30 minutes



Servings  
2 - 4



Required  
pan and stove top

## INGREDIENTS

- 2 tsp oil
- 1 onion, chopped
- ½ tbsp garlic, crushed
- 2 large carrots, grated or chopped
- ¼ each bell pepper (red, yellow, green), sliced
- ½ tbsp paprika
- 1 tsp salt
- 1 tsp pepper
- 2 tbsp Worcestershire sauce
- 1 tin baked beans
- 1 tin mixed beans, drained

## METHOD

1. Heat the oil in a pan and add chopped onion.
2. Once the onions are translucent, add the garlic.
3. Add the carrots to the pan.
4. When the carrots have softened slightly, add the bell peppers and stir.
5. Add the spices and Worcestershire sauce and stir well.
6. Add the baked beans and drained mixed beans.
7. Stir and let cook for 5 minutes for all the flavours to combine.



### This dish:

Grated tomato and chopped boiled green beans can also be added to the recipe.

This dish can be eaten as a meal on its own or served as a side dish with any vegetable, meat, pap or potato salad.

When served as a side dish, the serving size will be smaller.

### Per Serving:

Energy (kJ) 1 262-2 525 kJ  
CHO (g) 56,7-25,8 g  
Protein (g) 13-25,8 g  
Fat (g) 2,15-4,3 g

### Cost per serving:

±R14,50-R29,00  
09/05/2024



# Red lentil soup



Preparation time  
30 minutes



Cooking time  
35 minutes



Servings  
6



Required  
cooking pot  
two-plate stove top

## INGREDIENTS

- 100 g dried red lentils
- 410 g tin of mixed vegetables
- 2 tbsp tomato purée
- 3 garlic cloves, chopped OR
- 3 tsp of fine garlic
- 1 vegetable stock cube, crumbled OR
- 1 tbsp vegetable bouillon powder
- 1 heaped tsp (7 ml) ground coriander
- 1½ L of boiling water

## METHOD

1. Add all the ingredients to a pot and stir well to combine all the ingredients.
2. Pour over 1½ litres of boiling water from the kettle
3. Stir well.
4. Cover and leave to simmer for 30 minutes until the vegetables and lentils are tender.
5. Taste and add some salt and spices if needed.
6. Serve with bread.



### This dish:

Whole-grain bread promotes digestive health, helps to regulate blood sugar levels, and can aid in weight management.

Lentils are an excellent source of plant protein, fiber soluble fibre that keeps your gut microbiome healthy, and folic acid, which is vital for new cell growth.

### Per Serving:

Energy (kJ)	1 749 kJ
CHO (g)	77,5 g
Protein (g)	20,4 g
Fat (g)	2,2 g

### Cost per serving:

±R11,67  
20/05/2024



# Green pea curry



Preparation time  
5 minutes



Cooking time  
20 minutes



Servings  
4



Required  
pot and stove top

## INGREDIENTS

- 3 Tbsp oil
- 410 g tin green peas
- 2 onions, yellow or red
- 4 cloves garlic
- 1-inch chunk of ginger
- 2 tsp powdered smoked paprika
- ¼ tsp powdered cinnamon
- 1 tsp powdered turmeric
- 1 cup milk
- 1 cup chopped tomatoes
- 1 cup water
- salt and pepper to taste
- Parsley & chili flakes for garnish  
[OPTIONAL]

## METHOD

1. Peel the onions, ginger, and garlic, and then chop them up as finely as possible.
2. Add the oil to a large, heavy-bottom pan and add in the chopped onions, ginger, and garlic.
3. Sauté for about 10 minutes, stirring often.
4. Add in the smoked paprika, cinnamon, turmeric, milk, chopped tomatoes, and water and stir well until all ingredients are well incorporated – about 2 minutes or so.
5. Add the tinned peas and stir well.
6. Cover the pan and let simmer on a low flame/temperature for about 5–7 minutes.
7. Season with salt and pepper to taste.



**This dish:**

Can be served with a side of any bread of choice.

You can swap full-cream milk with low-fat milk

### Per Serving:

Energy (kJ)	1 286 kJ
CHO (g)	25,2g
Protein (g)	10 g
Fat (g)	18,6g

### Cost per serving:

±R12,22  
20/05/2024

The recipes and nutrition information in this booklet were compiled by **Anri Nel** and **Tasneen Champion**, final-year Dietetics students assisted by lecturers from the Department of Nutrition & Dietetics, UFS.

We would also like to acknowledge the following students who shared Heritage Day Recipes. In addition, we would like to thank all the students who named their favourite childhood meals and suggested cultural and Heritage Day foods, which also helped shape the recipe booklet.

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