

**T**ake these lists with you when you go for supplies.  
Visit [www.beatheateat.com](http://www.beatheateat.com) and download and print these guys off, or photocopy and cut out the lists you need.

**EMERGENCY CHIPS****PARTS:**

bread (sliced)  
1 packet French onion soup mix

**NOAH'S MUFFINS****PARTS:**

self-raising flour  
grated cheese  
2 eggs  
milk

**TOASTED EGGS****PARTS:**

2 eggs

**QWIK DIPS****TUNA DIP****PARTS:**

150 g tub Philadelphia cream cheese  
80 g can tuna in brine

**CURRY DIP****PARTS:**

300 ml plain yoghurt  
Tikka Masala curry paste

**CHEESY DIP CHEAT****PARTS:**

Spreadable cheese (eg Kraft)

**NUTS & BOLTS****PARTS:**

Nutri-Grain cereal  
unsalted peanuts  
1 packet French onion soup mix

**LEFTOVER SAUSAGE ROLLS****PARTS:**

a bunch of left-over sausages  
puff pastry

**COKE CHICKEN****PARTS:**

1 litre Coke  
tomato sauce (optional)  
4 chicken breasts  
(or similar quantity of drumsticks  
and/or wings)

**CRUNCHY CHICKEN****PARTS:**

1 bag potato chips  
chicken pieces - as many as you  
want

**HALF TIME PIE****PARTS:**

410 g can braised steak and onions  
puff pastry

**FAST FISH****PARTS:**

a nice meaty piece of fish  
(salmon, flake, tuna, etc)  
lemon juice  
salt and pepper (optional)

**SOUPER PASTA****PARTS:**

your choice of pasta  
420 g can creamy mushroom soup  
100 g pack of ham  
4-5 mushrooms  
yoghurt (optional)  
cheese (optional)

**STICKY CHICKEN****PARTS:**

8 or so pieces of chicken  
(drumsticks, wings or both)  
soy sauce  
honey  
sweet chilli sauce  
garlic (optional, but good to add)

**CHARRED CHILLI CHICKEN****PARTS:**

sweet chilli sauce  
chicken breasts - as many as you  
can eat

**BEER CHICKEN****PARTS:**

1 whole chicken  
1 can beer of your choice

**HOT TUNA WRAPS****PARTS:**

couscous  
425 g can tuna in springwater  
375 g jar salsa  
310 g can creamed corn  
frozen peas  
salt and pepper to taste  
1 packet mountain bread  
(or similar flat bread)

**EZ PIZZA BASE**

**PARTS:** *Will make 1 thick  
or 2 thin bases*  
2 sachets instant yeast  
salt  
sugar  
plain flour

**EZ-ER PIZZA BASE****PARTS:**

self-raising flour  
200 ml plain yoghurt

**SOUPER PORK****PARTS:**

420 g can tomato soup  
1 packet French onion soup mix  
2 large or 4 small pork chops  
rice

**CHILLI BEANS****PARTS:**

1 medium onion  
 400 g can diced tomatoes  
 2 capsicums (1 red, 1 green)  
 420 g can baked beans  
 435 g can refried beans  
 375 g jar salsa  
 310 g can corn kernels (optional)  
 chilli flakes  
 tomato sauce  
 salt and pepper  
 cheese (optional)

**3-2-1 RIBS****PARTS:**

1 rack pork ribs  
 BBQ sauce

**BOY BURGERS****PARTS:**

1 onion  
 2 sachets beef-flavoured Cup o' Soup  
 400 g beef mince  
 tomato sauce  
 salt and pepper

**MEATBALLS****PARTS:**

400 g can tomato soup  
 sausages (flavour of your choice)  
 tomato sauce (optional)  
 420 g can spaghetti  
 400 g can diced tomatoes (optional)

**PEANUT CHICKEN****PARTS:**

1 onion  
 garlic (optional)  
 2 chicken breasts  
 crunchy peanut butter  
 honey  
 wholegrain mustard  
 curry powder

**GIRL BURGERS****PARTS:**

1 210 g can salmon  
 instant oats  
 1 egg  
 curry powder

**BEEF & BROC****PARTS:**

300 g beef strips  
 420 g can condensed tomato soup  
 tomato sauce  
 soy sauce  
 garlic (optional)  
 chilli flakes (optional)  
 broccoli

**CHOP 'N' GO****PARTS:**

chicken pieces (as many as you want)  
 any or all of these  
 (as many as you want):  
 potato, pumpkin, onion, carrot,  
 parsnip, sweet potato

**MARS BAR SLICE****PARTS:**

1 Mars Bar  
 fruit 'n' nut mix  
 Rice Bubbles

**LOVE HANDLES****PARTS:**

puff pastry  
 lemon juice  
 sugar  
 cinnamon

**MILO MUD****PARTS:**

Milo  
 plain flour  
 milk

**CHOC RIPPLE STACKS****PARTS:**

1 large tub cream  
 Arnott's Choc Ripple bikkies

**ICED COFFEE FRUIT CAKE****PARTS:**

500 g mixed fruit  
 self-raising flour  
 500 ml iced coffee

**STUFFED BANANAS****PARTS:**

bananas  
 marshmallows  
 anything like M&Ms, Smarties, Jaffas  
 or a broken-up chocolate bar.

**FUDGED FUDGE****PARTS:**

150 g block of chocolate  
 200 g condensed milk  
 crushed unsalted peanuts (optional)