



The
VICTORY
Programme

RECIPE BOOK
2025



COOK ▼ BUDGET ▼ GROW ▼ COOK ▼ BUDGET ▼ GROW

WELCOME TO A VERY DIFFERENT KIND OF RECIPE BOOK!

This booklet comes to you with our warmest thanks for the wonderful interest you have shown in The Salvation Army's work.

It was produced as part of the Victory Programme - a (literally) ground-breaking Salvation Army project to help people who are housekeeping on a tight budget and need to make every penny count. We provide tools, seeds and information to help people grow their own vegetables. We also show them how to make tasty, nutritious meals that will save them money.

The Salvation Army launched the Victory Programme in 2017, and in the communities where it is running, it has already proved a great success. Melanie, a mother and one of the first people to take part in the Programme, told us: 'It's been life-changing. I have been able to halve my weekly shop and make sure my family are well-fed. It's given me life skills that no one ever taught me.'

However, the simple delicacies in this book are not just for people who are facing hard times. We hope that you will enjoy rediscovering some of the favourite recipes of the wartime generation and that you will find some dishes that become favourites of your own.



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WHAT IS THE VICTORY PROGRAMME?

The Victory Programme is a 6 week rolling programme built around three main areas; cooking, budgeting, and growing. It gives local Corps or Centres the opportunity to invite people from our community, or within our existing programmes and church activities, to develop deeper relationships and empower them to make better, more informed, choices.

THE TWO MAIN AIMS OF WHICH ARE:

1. To empower people to develop skills and make better choices around food and budgeting.
2. To build deeper relationships and connections which may lead to gospel opportunities.

This is done by covering the three main areas: Cooking, Budgeting, and Growing:



WITHIN COOKING:

- Discussing and cooking different recipes together.
- Tips and tricks both for better value and better taste.
- Meal planning, healthier options, cheaper options, and tastier options.



WITHIN BUDGETING:

- How to plan and feed individuals and families on a budget.
- How to do things like make that roast chicken go further and make multiple meals.
- How to reduce your outgoings.
- What extra support you could be entitled to.



WITHIN GROWING:

- Tips and tricks for growing your own.
- Using available space (whether in a window box in a high rise flat, or growing potatoes in black bags, to ideas for planters at the Corps, or in gardens, or even allotments).
- Collective local ideas.

RECIPE 1: QUICK LENTIL SOUP SERVES: 4, TIME: 45 MINUTES

EQUIPMENT:

Medium bowl
Scales
Chopping board

Sharp knife
Pan and mixing spoon
Measuring jug
Measuring spoon (tsp)
Blender

INGREDIENTS:

4 carrots
1 large leek
50g red lentils
1 litre vegetable stock
(bouillon) Fry light/cooking oil

METHOD:

1. Chop the leek and add it to the pan (with fry light covering at the bottom).
2. Once browned add the carrots, vegetable stock and lentils, bring to the boil and then simmer for 20 minutes.
3. Once the carrots are soft, take the pan off the heat and blend with a hand blender until smooth and thick.

COOKING TIPS:

If you don't have a blender, you can chop your veggies smaller for a hearty chunky soup.

Spend a little extra time washing the leek well, as it can often have grit and mud quite far down in its layers.

RECIPE 2: WINTER WARMING SOUP **SERVES: 4, TIME: 30 MINUTES**

EQUIPMENT:

1 large non-stick pan with lid
Measuring jug
Mixing spoon
Measuring spoon (tsp)

INGREDIENTS:

1 bag vegetable stew pack (frozen)
4 level tsp swiss vegetable bouillon
1 litre water

METHOD:

1. Mix the bouillon into the water.
2. Add the bag of vegetables to the pan and cover with the stock.
3. Bring to the boil and cook around 20 minutes until the vegetables are tender.
4. Optional - blend into a smooth soup, or keep chunky - no blending required.

COOKING TIPS:

You can often find a fresh vegetable stew pack in the 'reduced to clear' section of the supermarket. Just reduce the cooking time by 3 minutes.

Swiss Vegetable Bouillon is a great store cupboard ingredient to give you a quick stock for soups and stews.

Although it greatly increases the salt content, you can use a ham or chicken stock cube if you don't have any Swiss Vegetable Bouillon.



RECIPE 3: BACON HOTPOT SERVES: 4, TIME: 45 MINUTES

EQUIPMENT:

1 large non-stick pan with lid
Mixing spoon
Sharp knife
Chopping board

Measuring jug
Measuring spoon (tsp)
Peeler

INGREDIENTS:

1 leek
4 baking potatoes
1 pack of bacon
500ml vegetable stock

2 tsp parsley/oregano
½ tsp pepper
30g grated cheese (optional)

METHOD:

1. Prepare and peel the vegetables.
2. Slice the potatoes into £1 coin sized slices, and then cut the leek lengthways and thinly slice.
3. Cut the bacon into small pieces.
4. Put the onion and bacon in the pan and cook until the bacon is slightly browned (approx. 10mins).
5. Add the potatoes and cover with stock and parsley.
6. Cook until they are soft (approx. 15-20mins), then add cheese on top as you serve.

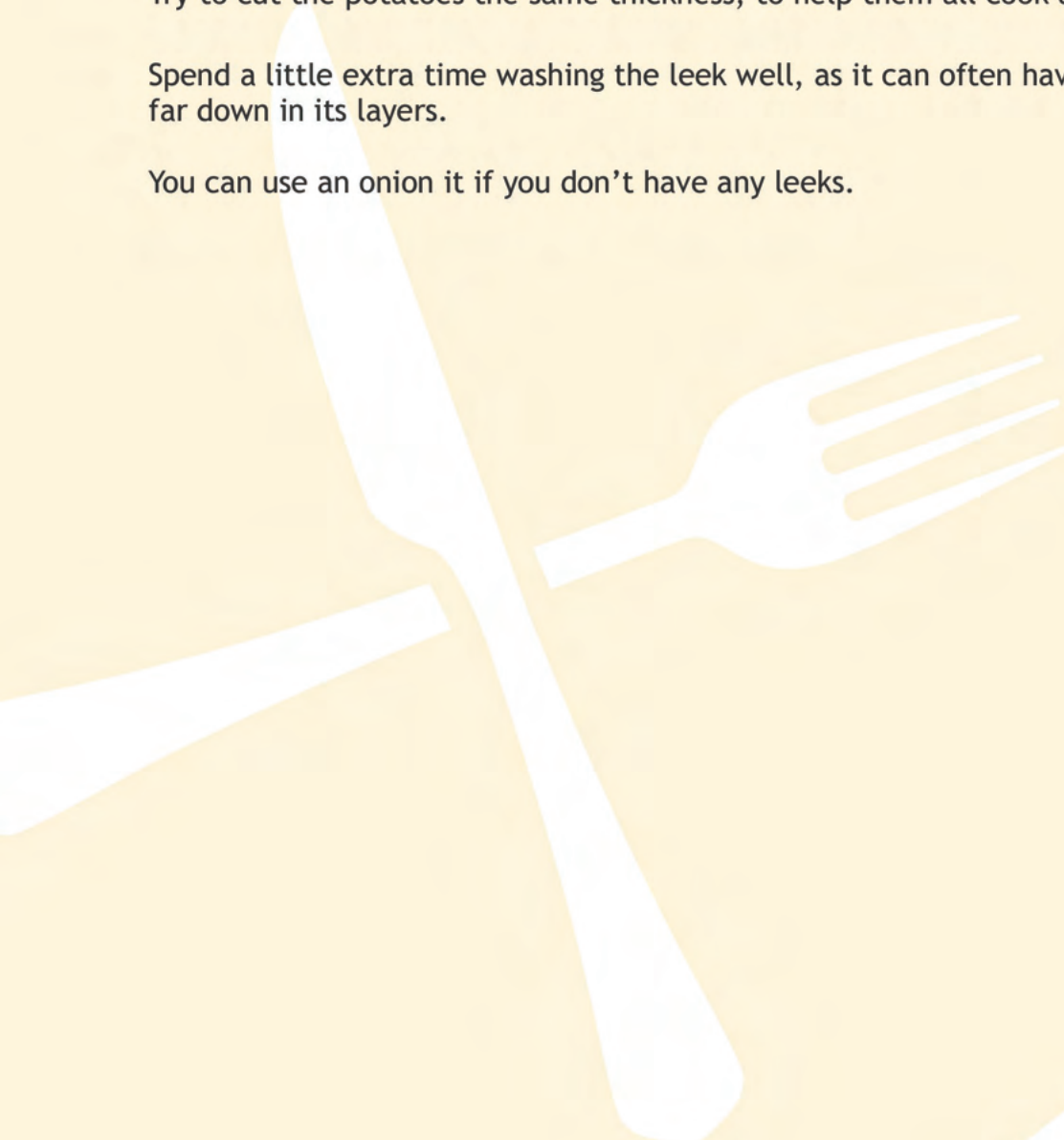
COOK

COOKING TIPS:

Try to cut the potatoes the same thickness, to help them all cook at the same time.

Spend a little extra time washing the leek well, as it can often have grit and mud quite far down in its layers.

You can use an onion if you don't have any leeks.





RECIPE 4: BACON AND BROCCOLI BAKED OMELETTE

SERVES: 3-4, TIME: 40 MINUTES

YOU WILL NEED:

Frying pan that can go in the oven
Knife
Chopping board
Jug or bowl for mixing the eggs
Whisk

Wooden or plastic spoon for frying
Oven preheated to 180°C

INGREDIENTS:

6 eggs
3 rashers of streaky bacon
Half small head of broccoli florets
1 small red onion
50ml full fat milk

Salt
Pepper
Olive oil or vegetable oil for frying

METHOD:

1. Chop the broccoli into small florets, about thumbnail size. Slice the streaky bacon once lengthwise and then chop into thin strips. Cut the onion in half and then cut into thin slices.
2. Bring pan to a high heat with some oil in, and fry the bacon for 2 minutes. Add the onion and broccoli and fry for another eight minutes, stirring often.
3. In the jug, crack six eggs. Whisk until combined.
4. Add milk, salt and pepper, and whisk until combined.
5. Take pan off heat and leave to cool for one minute. Then add the egg mixture and stir until well combined.
6. Put the pan in the oven for twenty minutes.
7. Enjoy with a nice side salad.

COOK

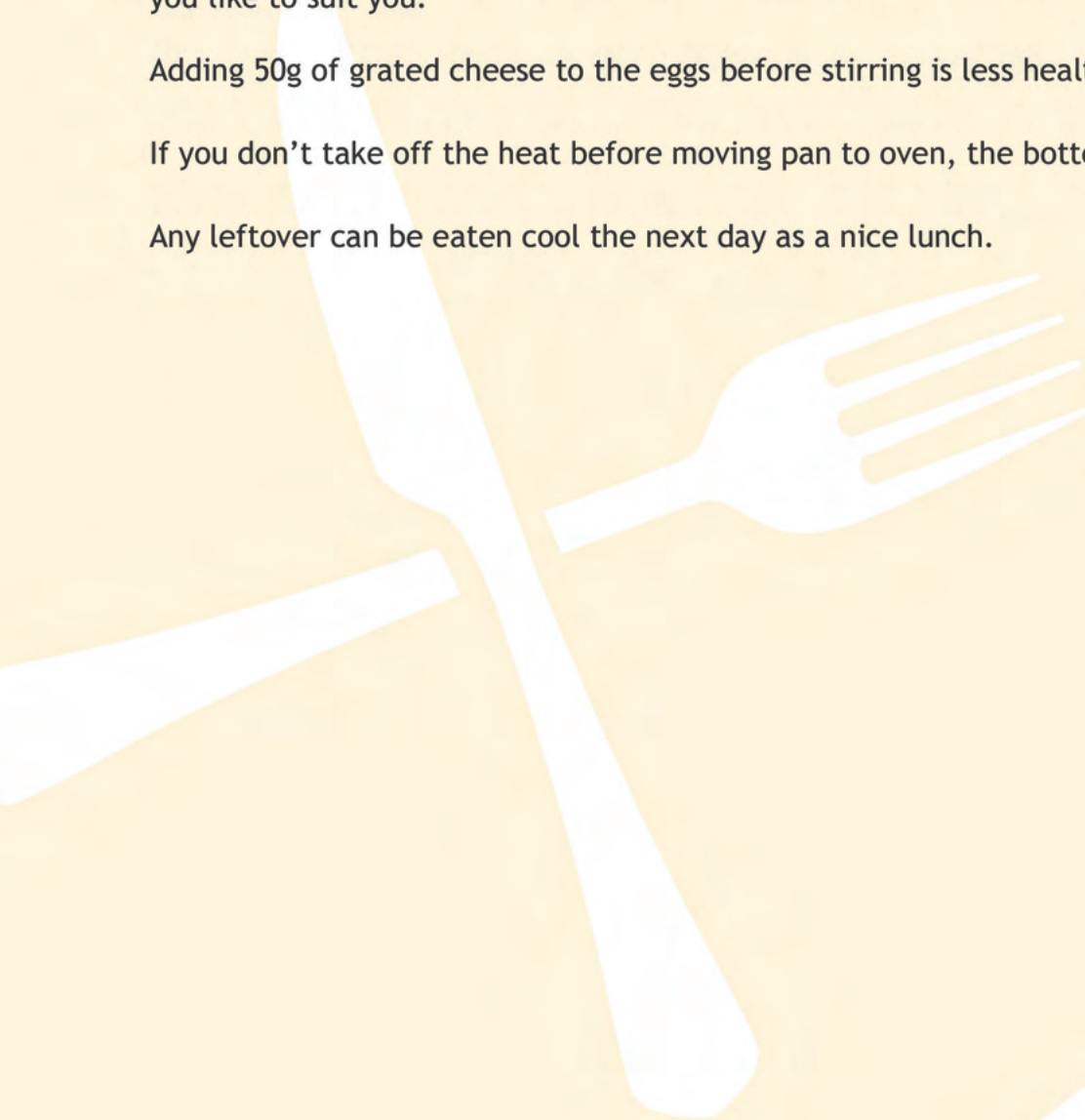
COOKING TIPS:

This is a great meal to add any spare meat or veggies to, experiment and add whatever you like to suit you.

Adding 50g of grated cheese to the eggs before stirring is less healthy but a nice treat.

If you don't take off the heat before moving pan to oven, the bottom will burn.

Any leftover can be eaten cool the next day as a nice lunch.





RECIPE 5: SAUSAGE ROLLS

SERVES: 3-6, TIME: 45 MINUTES

EQUIPMENT:

Large bowl and cup
Chopping board
Sharp knife

Pastry brush
Baking tray
Measuring spoons (tsp and tbsp)

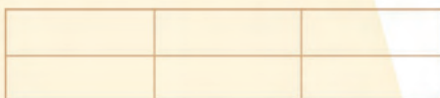
INGREDIENTS:

400g sausage meat
1 tsp onion granules
2 tsp sage

375g ready roll puff pastry (1 x box)
1 beaten egg to glaze

METHOD:

1. Turn the oven on to 200°C or 180°C Fan Oven/Gas Mark 6.
2. Unroll pastry and cut in half lengthways and then into thirds - giving 6 squares:



3. Stir the onion granules and sage into the bowl with sausage meat and mix well (using hands if needed).
4. Divide the sausage meat in six equal portions and roll into 'sausages' place at the top of each square.
5. With the beaten egg brush a line at the bottom of each square.
6. Tightly roll the pastry around the sausage meat and press down onto the beaten egg line to secure.
7. Cut each roll into 2 or 3 with a sharp knife - the size of the rolls is your choice
8. Brush with the remaining beaten egg, snip the tops with the scissors and bake for 20-25mins (the rolls can be frozen raw, before egg washing - take out, egg wash and cook for 45mins)

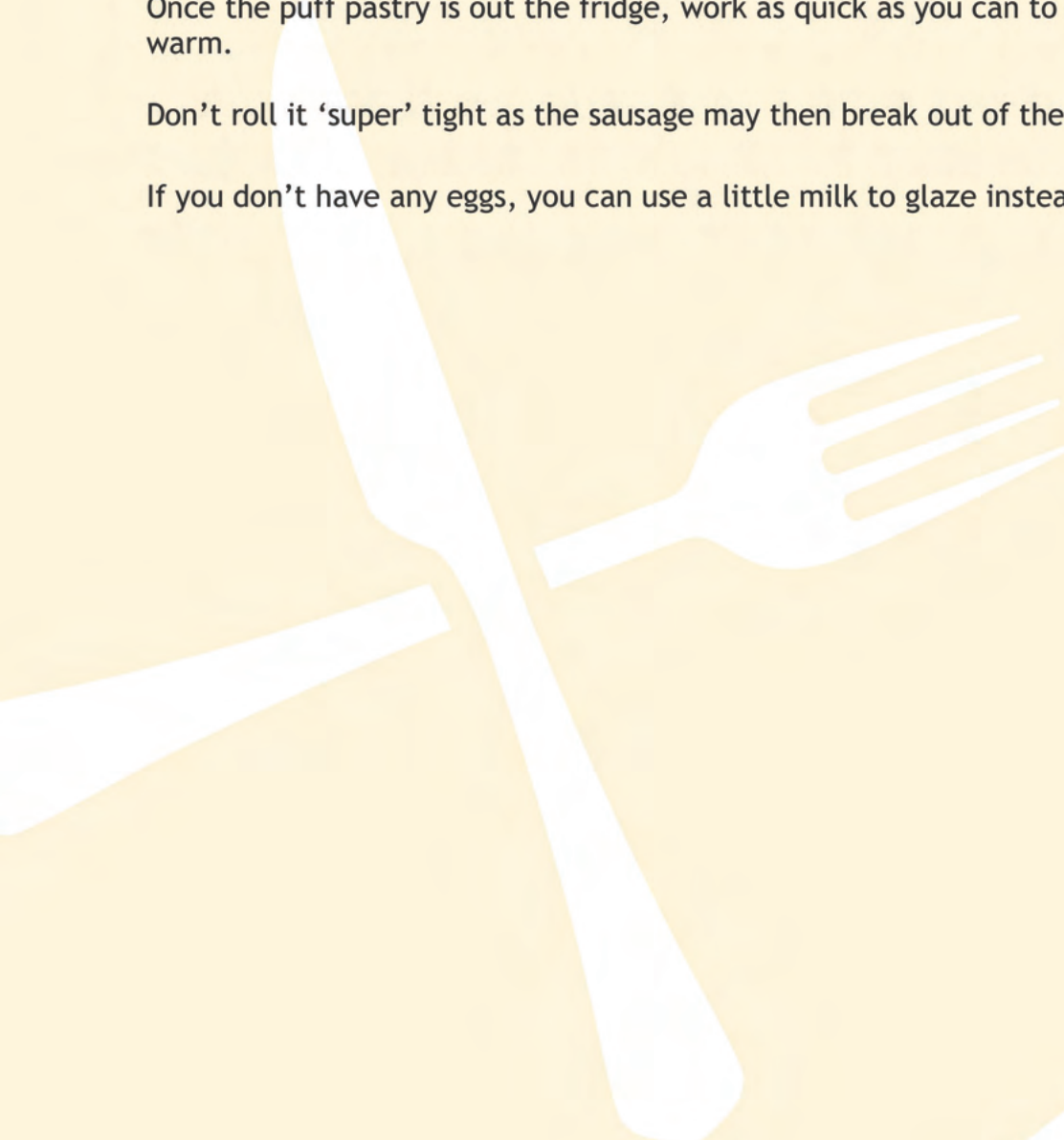
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COOKING TIPS:

Once the puff pastry is out the fridge, work as quick as you can to stop it getting too warm.

Don't roll it 'super' tight as the sausage may then break out of the pastry.

If you don't have any eggs, you can use a little milk to glaze instead.





RECIPE 6: CHICKEN AND VEGETABLE CURRY

SERVES: 4, TIME: 50 MINUTES

YOU WILL NEED:

Chopping board
Knife for chopping
Peeler
Large pan
Measuring jug

Wooden spoon
Tin opener
Measuring spoons
Kettle

INGREDIENTS:

2 tbsp olive oil/fry light spray
4 boneless skinless chicken (thighs or breasts) cut into ½ inch pieces
1 onion/leek
1 broccoli
1 cauliflower

2 carrots
3 tbsp tomato puree
3 tbsp mayflower curry powder
100ml chicken stock
½ tsp garlic granules

METHOD:

1. Heat the oil in the pan and cook the onion & carrots for 15mins - pan lid on. Stir occasionally until the vegetables are softened and lightly coloured.
2. Add in the chicken and allow this to cook until slightly browned. Approx. 15mins stirring regularly to make sure nothing sticks to the pan.
3. Add broccoli and cauliflower and cook for 5 minutes until the veggies are golden
4. Stir in the tomato puree, curry powder and chicken stock until combined. Let the curry simmer until slightly thickened and the veggies are tender - approx. 10mins
5. Remove the curry from the heat and season with salt & pepper if desired.

Serving suggestion - Rice or Jacket Potato

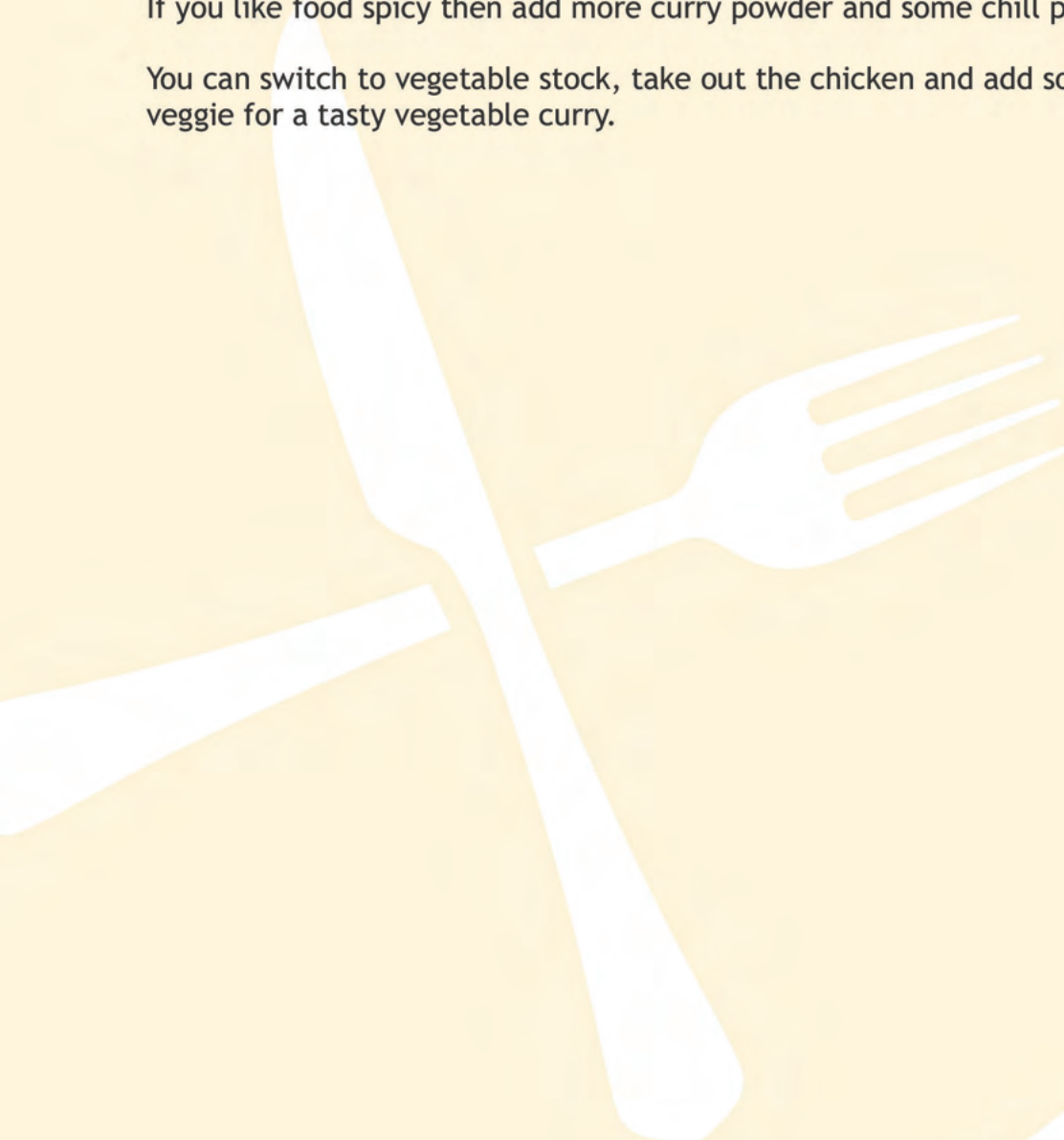
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COOKING TIPS:

If you like food spicy then add more curry powder and some chill powder.

You can switch to vegetable stock, take out the chicken and add some lentils or more veggie for a tasty vegetable curry.



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RECIPE 7: VEGETARIAN CHILLI AND RICE

SERVES: 4, TIME: 45 MINUTES

EQUIPMENT:

Large pot (the biggest you've got!)
Medium pot
Good sharp knife
Chopping board
Peeler

Kettle
Coffee mug (for measuring rice)
Large wooden/plastic stirring spoon
Tin opener (if needed)

INGREDIENTS:

400g tin budget baked beans
400g tin cannellini beans
400g tin chopped tomatoes
250g red lentils
2 peppers (any colour)
2 large onions (red or white)
1 carrot
3 cloves garlic

2 vegetable stock cubes
2 tsp smoked paprika
1 tsp chilli powder (or more if you like it spicy)
3 tsp ground cumin
20ml olive oil or vegetable oil
1 coffee mug full of easy cook basmati or long grain rice
1 kettle of boiled water

METHOD:

1. Chop the onions, peppers, and carrot the way you like them (diced fairly small works well). Add to a large pot which has some oil in it and has been preheated to a moderate high heat. Fry and stir around for a couple of minutes.
2. Add the stock cube, tomatoes, paprika, chilli powder, cumin, and lentils. Give another mix around, breaking up the stock cube a bit with your spoon.
3. Use one of the empty tins to fill up and add 400ml of the recently boiled water. Give it a good mix together, bring to the boil and simmer for 20 mins with lid on.
4. Now for the rice. In another pot on a medium heat, add a coffee mug to measure the rice (a full one should be for 3-4 people). Then fill the same coffee mug with double the amount of water as rice used. Bring to a low simmer with the lid on.



METHOD CONTINUED:

5. Add the baked beans and the cannellini beans and simmer for 10 minutes. If its too watery, you can do this with the lid off.
6. Check the rice, it should be cooked and have absorbed all the water. Move it around with a fork and make it nice and fluffy.
7. Have a taste of the chilli, and add more chilli, salt and/or black pepper if needed until it is how you like it. Serve together and enjoy!

COOKING TIPS:

You can use a plain tin of haricot beans if you prefer, but the budget beans are much cheaper, and the tomato sauce gives a nice sweetness to the finished chilli.

If you go to the world foods section of a larger supermarket, you can often find good quality spices, like the cumin and chilli powder for this recipe, for much better value than in the glass jars.

Don't start with too much chilli, you can always add more - but you can't take it away!

Replace the lentils with beef mince, and the vegetable stock cube with a beef stock cube, if you would rather a meat dish.



RECIPE 8: BBQ HUNTERS CHICKEN

SERVES: 4, TIME: 40 MINUTES

YOU WILL NEED:

Large non-stick pan with lid
Large spoon
1 x medium bowl

Sharp knife for chopping & chopping board
Measuring spoons (tsp/tbsp)
Spoon for mixing sauce

INGREDIENTS:

2 tbsp olive oil or vegetable oil
1 leek
2 carrots
4 boneless skinless chicken
(thighs or breast) cut into bitesize pieces
1 pack of smoked bacon (or Lardons)
400g tin of chopped tomatoes
½ tsp garlic granules
1 tbsp BBQ seasoning

½ tsp smoked paprika
1 tsp mustard powder
1 tbsp tomato puree
1 tbsp balsamic vinegar
2 tbsp worcester sauce
2 tbsp BBQ sauce
1 tsp honey
Squirt of lemon juice

METHOD:

1. In a medium bowl mix together the tomatoes/tomato puree/garlic/paprika/mustard/BBQ seasoning/balsamic vinegar/ Worcester sauce/BBQ sauce/honey/lemon juice. Put to one side.
2. Chop the onion & carrots into small pieces
3. Heat the oil in the pan and cook the onion & carrots for 15mins - pan lid on. Stir occasionally until the vegetables are softened and lightly coloured.
4. Chop the bacon into small pieces.
5. Add in the chicken and bacon and allow this to cook until slightly browned. Approx. 15mins stirring to make sure nothing sticks to the bottom.

COOK



METHOD CONTINUED:

6. Next add the prepared sauce and bring to a bubble, adjusting the temperature accordingly.

7. If the sauce is runny, leave the lid off the pan and this will thicken over a few minutes. If you like food spicy then add more curry powder and some chill powder

COOKING TIPS:

It might seem a lot of spices to buy, but they make a real difference to the flavour, and they can be used again and again as a little goes a long way.

The smaller you chop the veggies the better, and the more it feels like one dish.



RECIPE 9: MACARONI CHEESE

SERVES: 4, TIME: 45 MINUTES

EQUIPMENT:

Kitchen scales

Chopping board (for veg)

Vegetable knife

Small pan or milk pan

Large pan

Measuring jug

Grater

Wooden spoon

Set measuring spoons

Bowl

Ovenproof dish

Large spoon

INGREDIENTS:

700ml full fat milk

50g plain flour

50g butter, plus a little extra for greasing

175g mature cheddar cheese

1 tsp english mustard

50g parmesan cheese, grated

50g coarse white breadcrumbs

350g macaroni

METHOD:

1. Pre-heat the oven to 375°F or 170°C Fan Oven/Gas Mark 5.
2. Measure out the milk and pour into a small/milk pan and heat to almost boiling.
3. Remove the pan from the heat and leave to one side.
4. Cook the macaroni according to the packet instructions until soft, but with a little bite (al dente). This will take about 15 minutes then drain using the colander then place the pasta under the tap adding a little water and stir (this helps prevent the pasta from sticking together).
5. Whilst the pasta is cooking grate the cheese and grease your ovenproof dish.
6. Make a roux: (simply flour, fat cooked together, then used to thicken sauces).
7. Melt the butter in a medium or large pan when the butter starts to foam add the flour, then cook stirring constantly, for one minute on a low heat.

COOK



METHOD CONTINUED:

8. To finish the sauce slowly stir the warm milk into the roux until smooth. Simmer for 3-4 minutes, stirring often until the sauce has thickened and has a coating consistency (try running your finger on the back of a spoon - it should leave a trail when ready). Remove the pan from the heat, then add the cheddar cheese and mustard powder. Season with salt and pepper if desired then stir the cheese until it has melted.

9. Mix the cheese sauce through the macaroni to coat it well, then tip into the prepared dish.

10. Sprinkle the parmesan cheese and breadcrumbs over the top and place in the oven. Bake for approx. 15 to 20m mins until golden brown and bubbling.

COOKING TIPS:

Serve hot on own or serve with a crispy salad



RECIPE 10: CHOCOLATE CHIP COOKIES

TIME: 30 MINUTES

EQUIPMENT:

Baking tray
Scales
Large mixing bowl and mixing spoon
Measuring spoon (tsp)
Cup and fork

Chopping board/work surface for dough
Butter knife
Metal teaspoon for cookie size
Dampened cloth

INGREDIENTS:

125g butter
125g brown sugar
110g caster sugar
1 egg
Fry light

1 tsp vanilla essence
225g self raising flour
½ tsp Salt
200g chocolate chips

METHOD:

1. Turn the oven on to 200°C or 180°C Fan Oven/Gas Mark 7.
2. Grease baking sheet with Fry Light.
3. Cream together the butter and sugar.
4. Beat the egg and add the Vanilla Essence.
5. Add the egg mix to the butter and sugar.
6. Add the flour and salt until a soft dough forms.
7. Mix in the chocolate chips.
8. Take a tsp and roll mixture into small balls - approx. 6 per tray as they do spread out.
8. Bake for 7-10mins.

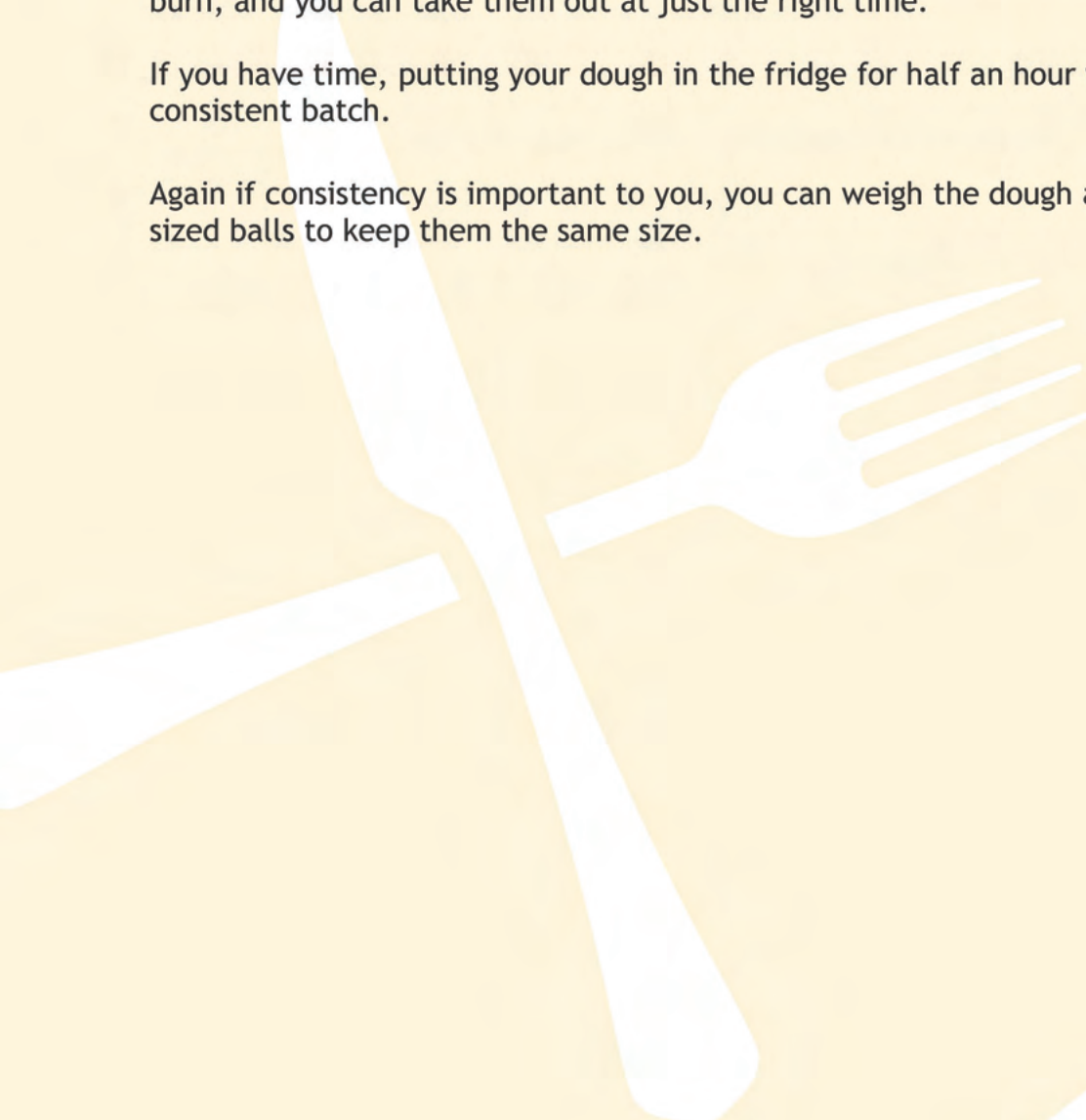
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COOKING TIPS:

As the cooking time is so quick, keep a close eye on the cookies baking so they don't burn, and you can take them out at just the right time.

If you have time, putting your dough in the fridge for half an hour will result in a more consistent batch.

Again if consistency is important to you, you can weigh the dough and divide into equal sized balls to keep them the same size.





RECIPE 11: APPLE FLAPJACK SERVES: 4, TIME: 45 MINUTES

EQUIPMENT:

- | | |
|----------------------|--|
| 1 set kitchen scales | 1 set measuring spoons |
| 1 chopping board | 1 grater |
| 1 sharp knife | 1 medium to large pan |
| 1 wooden spoon | 1 flat or foil tray (approx 2cm in height) |
| 1 potato peeler | 1 sheet of greaseproof paper |

INGREDIENTS:

- | | |
|---------------------|---------------------------|
| 200g porridge oats | 1 tsp cinnamon (optional) |
| 50g butter | 2 cooking apples |
| 50g sugar | |
| 3 tbsp golden syrup | |

METHOD:

1. Pre-heat the oven to 200°C or 180°C Fan Oven/Gas Mark 6.
2. Grate the apple (if you prefer you can peel the apple first).
3. Weigh the butter and sugar melt in a pan adding the Golden Syrup. Also adding the cinnamon (if desired).
4. Once the butter has melted then take the pan off the heat adding the porridge oats and then add the grated apple to this mixture.
5. Cut the greaseproof paper so that it covers the tray leaving enough to enable you to be able to lift the flapjacks from the tray when ready.
6. Once the greaseproof paper has been fitted in the try the pour the mixture into the tray, spreading the mixture to the edges of the tray and then flatten to level.
7. Place tray in the oven, cook for about 20-30 minutes checking occasionally.
8. When ready take out of the oven and slice into pieces whilst hot and then allow the mixture to cool completely.

METHOD CONTINUED:

9. For the apple topping, slice the apple into thin slices. Make sure the flapjack pieces have cooled down then place one slice of the apple onto each slice of the flapjack.

9. Pour the Golden Syrup into a pan and on a medium heat stir and heat through. Then pour the heated Golden Syrup over the sliced apple which has been placed on each slice of the flapjack.

COOKING TIPS:

Make sure to use your apples quickly once they have been chopped or they will turn brown.

The greaseproof paper trick can be used for any traybakes or cakes that can sometimes be difficult to get out of the tray once cooked.

FOR OVER 150 YEARS THE SALVATION ARMY HAS BEEN REACHING OUT TO PEOPLE WHOSE LIVES HAVE BEEN BROKEN.

We offer not just unconditional love but also practical help and professional, specialist services to help people rebuild their lives.



LAST YEAR:

- In 2023/24 The Salvation Army provided over 2,920 beds each night for people experiencing homelessness.
- We ran around 300 clubs and programmes for older people.
- More than 180,000 older people attended a weekly club or programme.
- 9,818 survivors of modern slavery received support to recover from exploitation and rebuild their lives.
- We helped 3,534 individuals and families to manage their debt problems through 25 debt advice centres across the UK.
- Over 6,300 people contacted or started on our Employment Plus programme last year with over 1,100 people finding work.
- Our 26 emergency response vehicles responded to more than 300 call-outs to assist the emergency services in crises such as fires and floods.





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