As part of our commitment to serving the community, students and their families prepare meals weekly for distribution to homeless people. The Meals That Make a Difference initiative is undertaken by students from Years 5 to 12, and the meals are passed on from the College to the Salvation Army, who then distribute the food.
INGREDIENTS
- 1 tablespoon olive oil
- 1kg beef mince
- 1 onion (diced)
- 1 carrot (diced)
- 3 sticks celery (diced)
- 3 cloves garlic (crushed)
- 200g tomato paste
- 3 x 400g jar crushed tomato
- 1 cup water
- 1 teaspoon salt
- 1 teaspoon pepper
- 700g spaghetti

METHOD
1. Heat olive oil in a saucepan over a medium heat, add onions, garlic, carrots, celery and cook for 4 to 5 minutes. Increase heat to high, gradually add mince and cook until well browned.

2. Add a splash of water to remove mince stuck to bottom of pot.

3. Add diced tomatoes, tomato paste and water. Bring to the boil and then reduce the heat to low, allowing to simmer for $1\frac{1}{2}$ hours, stirring occasionally. Season with salt and pepper.

4. Cook spaghetti in boiling, salted water for 8 to 10 minutes. Drain.
Meals That Make a Difference

**Ingredients**
- 1kg mince
- 1kg potatoes (peeled)
- 2 carrots (small diced)
- 1 cup peas
- ½ cup corn kernels
- 1 onion (diced)
- 2 cloves garlic (crushed)
- 50ml Worcestershire sauce
- 2 x 400g tins crushed tomatoes
- 3 tablespoons tomato paste
- 1 tablespoon butter
- 100ml cream
- 1 teaspoon salt
- 1 teaspoon pepper

**Method**
1. Heat olive oil in a saucepan over a medium heat and cook onions, garlic and for 4 to 5 minutes. Increase heat to high, gradually add mince and cook until well browned.

2. Add crushed tomatoes, corn, carrot, Worcestershire sauce, tomato paste, salt and pepper.

3. Simmer for 40 minutes on a medium heat, stirring occasionally.

4. Boil potatoes in water until they easily break apart with fork. Drain.

5. Mash potato with the cream, butter, salt and pepper.

6. Add peas to mince and cook for a further 5 minutes.

7. Lay mince down in tray, top with mash potato.
INGREDIENTS

- 6 to 8 skinless chicken thighs/drumsticks (800g to 1kg)
- 2 medium onions
- 4 cloves garlic
- 2 sticks ginger
- 1 teaspoon chilli powder
- 1½ teaspoons turmeric powder
- 10 medium tomatoes, chopped
- 2 teaspoons of garam masala
- 2 tablespoons oil
- 3 curry leaves (optional)
- Pinch of sugar
- Salt to taste
- 3 cups rice

METHOD

1. Cook the rice in 4½ cups of water until absorbed.
2. Peel the ginger and garlic and blitz with the onion in a food processor or chop fine.
3. Heat the oil in a non-stick pot. Add the onion mixture and sugar and cook it on high heat for 10 minutes. You have to watch this because it shouldn’t stick to the bottom of the pan. If it does, add two tablespoons of hot water and scrape to release.
4. When the mixture changes colour to a pale golden, add the turmeric, chilli powder and add the chopped tomatoes. Stir for another 5 minutes and then lower the heat and simmer. Add another few tablespoons of hot water if the masala starts getting stuck.
5. After 5 minutes, add the chicken. Turn the heat up high and cook, stirring the chicken vigorously to incorporate the masalas. After 5 minutes, add enough water to cover the chicken, lower the heat to medium and stir from time to time until the chicken is cooked through. This takes a good 20 to 30 minutes.