



ROUPELL PARK
RESIDENT MANAGEMENT ORGANISATION

COMMUNITY RECIPE BOOK

The Everyday Bread Recipe Book

Affordable meals from simple ingredients



17 simple recipes
for everyday cooking

Welcome

This full-colour booklet brings together practical, low-cost meal ideas built around one of the most familiar household ingredients: bread. The recipes are designed to be flexible, so residents can use fresh bread, stale bread, store-cupboard tins, vegetables, eggs, cheese, or leftovers already available at home.

The aim is simple: reduce food waste, stretch ingredients further, and make warm, filling meals accessible for everyday cooking.

How to use this book

Each recipe can be adapted. If one ingredient is missing, replace it with something similar. Vegetables, beans, cheese, herbs, or cooked leftovers can often be swapped according to what is available.

Simple safety note

Cook eggs, meat, and reheated leftovers thoroughly, and serve hot food while it is hot. Store leftovers safely and reheat only as appropriate.

Contents

Section	Recipes
Hearty Meals	Savoury Bread Bake, Thick Bread Soup, Bread Pizza, Beans on Toast, Hot Pressed Sandwich
Quick & Easy Meals	Eggs on Toast, Mushrooms on Toast
Soups & Traditional Dishes	Bread & Vegetable Soup, French Onion-style Soup
Using Stale Bread	Breadcrumbs, Bread Dumplings
Sweet Recipes	Bread Pudding, French Toast, Cinnamon Sugar Toast
Simple Ideas & Snacks	Bread Wraps, Garlic Bread, Croutons



SECTION 1

Hearty Meals

These recipes turn everyday bread into filling meals and useful kitchen staples. They are written to be affordable, adaptable, and suitable for using what is already in the cupboard or fridge.

1. Savoury Bread Bake (Strata)

Great for: Using stale bread and feeding groups.

2. Thick Bread Soup

Great for: Making soup more filling.

3. Bread Pizza

Great for: Quick meals, children's teas, and bulk cooking.

4. Beans on Toast (Classic)

Great for: A fast, filling meal from store-cupboard ingredients.

5. Hot Pressed Sandwich

Great for: Using small amounts of cheese, vegetables, ham, tuna, or leftovers.



SECTION 2

Quick & Easy Meals

These recipes turn everyday bread into filling meals and useful kitchen staples. They are written to be affordable, adaptable, and suitable for using what is already in the cupboard or fridge.

6. Eggs on Toast

Great for: Breakfast, lunch, or a simple supper.

7. Mushrooms on Toast

Great for: A quick vegetarian meal.



SECTION 3

Soups & Traditional Dishes

These recipes turn everyday bread into filling meals and useful kitchen staples. They are written to be affordable, adaptable, and suitable for using what is already in the cupboard or fridge.

8. Bread & Vegetable Soup (Ribollita-style)

Great for: Turning vegetables, beans, and stale bread into a nourishing meal.

9. French Onion-style Soup

Great for: A warming meal from onions, stock, and bread.



SECTION 4

Using Stale Bread

These recipes turn everyday bread into filling meals and useful kitchen staples. They are written to be affordable, adaptable, and suitable for using what is already in the cupboard or fridge.

10. Breadcrumbs

Great for: Avoiding waste and creating useful toppings.

11. Bread Dumplings

Great for: Making soups more filling.

SECTION 5

Sweet Recipes

These recipes turn everyday bread into filling meals and useful kitchen staples. They are written to be affordable, adaptable, and suitable for using what is already in the cupboard or fridge.

12. Bread Pudding

Great for: Using several slices of bread at once.

13. French Toast (Eggy Bread)

Great for: A flexible sweet or savoury meal.

14. Cinnamon Sugar Toast

Great for: A quick sweet snack.





SECTION 6

Simple Ideas & Snacks

These recipes turn everyday bread into filling meals and useful kitchen staples. They are written to be affordable, adaptable, and suitable for using what is already in the cupboard or fridge.

15. Bread Wraps

Great for: Using soft slices of bread for quick packed lunches.

16. Garlic Bread

Great for: Serving with soup, pasta, or salad.

17. Croutons

Great for: Adding crunch to soups and salads.

1. Savoury Bread Bake (Strata)

Great for: Using stale bread and feeding groups.

INGREDIENTS

- 6–8 slices bread, cubed
- 4 eggs
- 500 ml milk
- 1 onion, optional
- Any vegetables, meat, or cheese you have

METHOD

1. Preheat the oven to 180°C.
2. Layer the bread and fillings in a baking dish.
3. Whisk the eggs and milk together, then pour over the bread.
4. Leave for 10 minutes to soak.
5. Bake for 35–45 minutes, until golden and set.

Tip: Add herbs or a little stock for more flavour.

2. Thick Bread Soup

Great for: Making soup more filling.

INGREDIENTS

- 4 slices bread
- 1 litre soup, such as vegetable or tomato

METHOD

1. Tear the bread into pieces.
2. Add it to the soup while cooking.
3. Blend or mash slightly until the soup becomes thick and hearty.

3. Bread Pizza

Great for: Quick meals, children's teas, and bulk cooking.

INGREDIENTS

- Bread slices
- Tomato sauce
- Cheese
- Any toppings you have

METHOD

1. Place the bread on a baking tray.
2. Spread with tomato sauce and add toppings.
3. Bake for 10–15 minutes at 180°C, until the cheese melts.

4. Beans on Toast (Classic)

Great for: A fast, filling meal from store-cupboard ingredients.

INGREDIENTS

- Bread slices
- Tinned baked beans

METHOD

1. Toast the bread.
2. Heat the beans.
3. Serve the beans over the toast.

Tip: Add cheese if available.

5. Hot Pressed Sandwich

Great for: Using small amounts of cheese, vegetables, ham, tuna, or leftovers.

INGREDIENTS

- Bread
- Cheese
- Fillings such as ham, vegetables, tuna, or leftovers

METHOD

1. Make the sandwich.
2. Cook in a frying pan or sandwich press until golden and hot.

6. Eggs on Toast

Great for: Breakfast, lunch, or a simple supper.

INGREDIENTS

- Bread
- Eggs
- A little butter, oil, milk, salt, or pepper if available

METHOD

1. Toast the bread.
2. Cook the eggs scrambled, fried, or poached.
3. Serve the eggs on the toast while warm.

Tip: Scrambled eggs stretch further when mixed with a splash of milk.

7. Mushrooms on Toast

Great for: A quick vegetarian meal.

INGREDIENTS

- Mushrooms
- Butter or oil
- Bread

METHOD

1. Slice and cook the mushrooms in butter or oil until soft.
2. Toast the bread.
3. Spoon the mushrooms onto the toast and serve.

Tip: Add garlic, herbs, or pepper if you have them.

8. Bread & Vegetable Soup (Ribollita-style)

Great for: Turning vegetables, beans, and stale bread into a nourishing meal.

INGREDIENTS

- Stale bread
- Beans
- Vegetables such as carrots, cabbage, or whatever is available
- Stock

METHOD

1. Cook the vegetables and beans in stock until tender.
2. Add the bread.
3. Simmer until thick and comforting.

Tip: This dish improves as the bread absorbs the flavour.

9. French Onion-style Soup

Great for: A warming meal from onions, stock, and bread.

INGREDIENTS

- Onions
- Stock
- Bread
- Cheese, optional

METHOD

1. Cook the onions slowly until soft.
2. Add stock and simmer.
3. Serve with bread on top, adding cheese if available.

Tip: Toast the bread first so it stays firmer in the soup.

10. Breadcrumbs

Great for: Avoiding waste and creating useful toppings.

INGREDIENTS

- Dry bread

METHOD

1. Dry the bread completely.
2. Blend or crush until it becomes crumbs.
3. Use for coatings, toppings, or meatballs.

Tip: Store dry breadcrumbs in a clean airtight container.

11. Bread Dumplings

Great for: Making soups more filling.

INGREDIENTS

- Bread pieces
- Egg
- Herbs

METHOD

1. Mix the bread pieces, egg, and herbs together.
2. Form into small balls.
3. Cook in soup or boiling water until firm.

Tip: If the mixture feels too wet, add more bread.

12. Bread Pudding

Great for: Using several slices of bread at once.

INGREDIENTS

- 6 slices bread
- 500 ml milk
- 3 eggs
- Sugar
- Raisins, optional

METHOD

1. Mix everything together.
2. Pour into a baking dish.
3. Bake for 40 minutes at 180°C, until set and golden.

Tip: A little cinnamon or nutmeg adds warmth if available.

13. French Toast (Eggy Bread)

Great for: A flexible sweet or savoury meal.

INGREDIENTS

- Bread
- Eggs
- Milk

METHOD

1. Mix the eggs and milk.
2. Dip the bread into the mixture.
3. Fry until golden on both sides.

Tip: For sweet French toast add sugar or cinnamon. For savoury eggy bread add salt and pepper.

14. Cinnamon Sugar Toast

Great for: A quick sweet snack.

INGREDIENTS

- Bread
- Butter
- Sugar and cinnamon

METHOD

1. Toast the bread.
2. Spread with butter.
3. Sprinkle with sugar and cinnamon.

Tip: Cut into fingers for children's snacks.

15. Bread Wraps

Great for: Using soft slices of bread for quick packed lunches.

INGREDIENTS

- Soft bread slices
- Fillings such as salad, cheese, beans, tuna, or vegetables

METHOD

1. Flatten the bread slices with a rolling pin or clean bottle.
2. Add fillings.
3. Roll or fold like wraps and serve.

Tip: Cut off crusts only if needed; otherwise keep them to reduce waste.

16. Garlic Bread

Great for: Serving with soup, pasta, or salad.

INGREDIENTS

- Bread
- Butter
- Garlic

METHOD

1. Mix softened butter with crushed or chopped garlic.
2. Spread on the bread.
3. Bake for 10 minutes until crisp and golden.

Tip: Add dried herbs if available.

17. Croutons

Great for: Adding crunch to soups and salads.

INGREDIENTS

- Bread
- Oil

METHOD

1. Cut bread into cubes.
2. Toss with a little oil.
3. Bake until crisp.

Tip: Croutons are a good way to use crusts and odd ends.



Cook simply. Waste less. Eat well.

This booklet was prepared for everyday community use, with affordable recipes that make the most of bread, simple ingredients, and leftovers.

Keep it in the kitchen, share it with neighbours, and adapt the recipes to suit what you have.

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