



The Welcome Centre

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Pasta Bake

Preparation time 10 minutes - Cooking time 20 minutes

Ingredients

- 1 x tin of tomatoes
 - 1 x tin kidney beans (or broad beans)
 - 1 x pinch of salt
 - 2 x cups of pasta
 - ½ x cup of breadcrumbs (see below)
 - ½ x cup of cheese (crumbled or grated) if available.
- (Other beans or pulses could be used instead)**

Method

- 1) Put the pasta in a pan with 2 cups of water and boil.
- 2) Heat the tomatoes and kidney beans in a pan
- 3) Stir cooked pasta into the tomato sauce and spoon mixture into dish.
- 4) Grill some stale bread and then crumble up to create breadcrumbs.
- 5) Sprinkle breadcrumbs and grated cheese over pasta.
- 6) Place in a hot oven 220 C (425 F) Gas mark 7 for 20 minutes