

PANTRY PROBLEM SOLVER:

Meal starter ideas

YOU HAVE:	WHAT YOU CAN MAKE:
canned beans, canned tomatoes	Simple bean chilli – serve with rice or tortillas Bean soup – add veges, stock, spices Bean burgers – mash beans and make patties
rice, onion, stock	Risotto – add leftover vegetables, meat, sausages, parmesan Rice pilaf – add spices, nuts and vegetables
pasta, onion, canned tomatoes	Tomato pasta sauce – add herbs, garlic, wine, stock, tomato paste Pasta bake – layer in a dish and add cheese, breadcrumbs, and any veges you have
lentils, stock, canned tomatoes	Spicy lentil soup – add garlic, spices, herbs, leftover sausages Dhal (lentil curry) – add curry, yoghurt, chilli spices
canned tuna, potatoes	Fish cakes – add an egg, lemon juice, breadcrumbs, herbs
flour or tortillas, tomatoes or tomato paste	Pizza – add cheese, vegetables, meat, herbs
potatoes, onion	Potato gratin – add milk, breadcrumbs, cheese
potatoes or kumara, onion, stock	Vege soup – add other veges and your favourite spices and herbs
coconut milk or evaporated milk, potatoes or kumara	Vege curry – add any other veges you have, fresh or frozen, and curry spices or curry paste

NOTES: