

# PANTRY PROBLEM SOLVER: Meal starter ideas

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

## NOTES: