

PANTRY PROBLEM SOLVER  
*meal starter* IDEAS

YOU HAVE:	WHAT YOU CAN MAKE:
Canned beans, canned tomatoes	<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
Rice, onion, stock	<b>Risotto</b> - add leftover vegetables, meat, sausages, parmesan <b>Rice pilaf</b> - add spices, nuts, vegetables
Pasta, onion, canned tomatoes	<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
Lentils, stock, canned tomatoes	<b>Spicy lentil soup</b> - add garlic, spices, herbs, leftover sausages <b>Dhal (lentil curry)</b> - add curry, yoghurt, chilli spices
Canned tuna, potatoes	<b>Fish cakes</b> - add an egg, lemon juice, breadcrumbs, herbs
Flour or tortillas, tomatoes or tomato paste	<b>Pizza</b> - add cheese, vegetables, meat, herbs
Potatoes, onion	<b>Potato gratin</b> - add milk, breadcrumbs, cheese
Potatoes or kumara, onion, stock	<b>Vege soup</b> - add other veges and your favourite spices and herbs
Coconut milk or evaporated milk, potatoes or kumara	<b>Vege curry</b> - add any other veges you have, fresh or frozen, and curry spices or curry paste

*Notes:*

