

<p>Chilli/Spaghetti Bolognese</p> <ul style="list-style-type: none"> ● 1 onion ● 1 pepper ● 1 carrot ● 1 clove of garlic ● 1 chilli (chilli) ● 500g mince or alternative ● 1 tin of chopped tomatoes ● 1 tin of kidney beans (chilli) ● 1 beef/veg stock cube ● <u>Large container with lid</u> 	<p>Pizza/Calzone</p> <ul style="list-style-type: none"> ● 300g strong white flour ● 1 sachet (7g) dried yeast - <i>school supply</i> ● 1 small onion ● 200g chopped tomatoes ● 2 tbsp. tomato puree or bbq sauce ● 150g grated cheese ● Variety of fillings: ham, pineapple, pepperoni, mushrooms, pepper ● <u>Large container with lid</u>
<p>Sweet and Sour</p> <ul style="list-style-type: none"> ● 1 pepper ● 1 onion ● 1 carrot ● 2 chicken breasts or alternatives ● 200g pineapple chunks in juice ● ¼ bottle of tomato ketchup ● 15ml vinegar - <i>school supply</i> ● 15ml soy sauce - <i>school supply</i> ● 3 tbsp. honey - <i>school supply</i> ● Water chestnuts (optional) ● <u>Large container with lid</u> 	<p>Lasagne</p> <ul style="list-style-type: none"> ● 1 onion ● 2 garlic cloves ● Mushrooms (optional) ● 500g mince beef or alternatives ● 400g chopped tomatoes ● 2 tbsp. tomato puree ● Herbs (optional) ● 30g butter ● 30g plain flour ● 1 pint of milk ● 150g grated cheese ● 10 lasagne sheets ● <u>Large ovenproof dish</u>
<p>Oven Baked Risotto</p> <ul style="list-style-type: none"> ● 1 onion ● 1 garlic clove ● 6 rashers of bacon ● 10 cherry tomatoes ● 100g frozen peas ● 300g Arborio rice ● 100g grated cheese (preferably parmesan) ● 1 vegetable stock cubes ● <u>Large ovenproof dish</u> 	<p>Quesadillas</p> <ul style="list-style-type: none"> ● 1 onion ● 1 pepper ● 1 chilli ● 2 chicken breasts or alternatives ● 2 tbsp. tomato puree ● 1 tin of taco beans ● 150g grated cheese ● 6 – 8 tortilla wraps ● <u>Large container with lid</u>