



Prep time 15 minutes | **Cook time** 30 minutes | **Serves** 4–6

Smuggled Beans Spag Bol

A clever, budget-friendly spag bol packed with hidden veg and pantry basics.

Ingredients

- 500 g mince
- 1 tin of any beans or lentils
- 1 packet of spaghetti
- Cheese
- 1 tin of tomatoes
- Onion and garlic
- Bread
- Stock powder
- Leftover vegetables – fresh or frozen
- Water
- Cooking oil

Method

Bring a large pot of water to the boil for spaghetti.

Meanwhile, heat oil in a pan and cook chopped onion and garlic.

Add mince and cook, breaking it up as it browns.

Stir in stock powder and a cup of water.

Add tomatoes and beans and mix well.

Stir through vegetables and cook until the sauce reaches your preferred consistency.

Cook spaghetti until tender, then drain.

Serve spag bol over spaghetti, topped with grated cheese and bread on the side.



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This recipe is all about making the most of what you've got on hand. It's a great way to stretch ingredients a little further, use up pantry basics, and sneak some extra veg into a meal without anyone noticing.

It's become a bit of a staple for busy nights, especially when there are tins of beans or leftover vegetables that need using up. Even better, it somehow tastes just as good the next day – whether it's piled onto toast or served stuffed a baked spud.

Terri Anderson - Otago



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