



Peterborough
Environment City Trust



Peterborough Community Services
Health and Social Care

Boston Beef and Bean Hotpot

Preparation time : 20 minutes

Cooking time : 15 minutes

Total time : 35 minutes

Makes: 4

Ingredients:

- 340 grams lean minced beef or vegetarian alternative
- 1 large chopped onion
- 2 tablespoons tomato puree
- Pinch mixed herbs
- 120 grams dried pasta
- 2 stock cubes dissolved in half pint boiling water
- 1 x 400 gram tin baked beans
- 200 grams chopped tomatoes

Method

Brown mince and onions together for 5 minutes.
Add all remaining ingredients.
Simmer until pasta is cooked

That's it! Simple and yummy!

Change4Life is a nationwide movement which aims to help us all, but especially our kids, eat well, move more and live longer.

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