

# Pasta Bake

## Ingredients

- 500g mince
- 1 onion, chopped
- Can crushed tomatoes
- 2 tbsp of tomato paste
- About a cup beef stock
- Salt & pepper
- Grated carrot & zucchini, for extra nutrients
- Grated tasty cheese

## Method

1. Cook till onion and veg are soft
2. Thicken with cornflour or gravy mix & set aside.
3. Cook whatever pasta you want- Mum always used shells- medium size. Soft!
4. Mix all together & put into a greased casserole dish or tray & sprinkle with copious amounts of tasty cheese.
5. Cook in moderately hot oven until cheese melts & turns a golden brown colour. Yum!

*Last updated 17 Jun 2023, 17:17:27*

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