



Bruschetta Recipe

Preparation Time	10
Cooking Time	25
Serving Size	6

Ingredients:

- 2 Tbsp oil
- 1/3 cup onion, chopped
- 200 g beef, ground
- 1 pouch DEL MONTE Quick 'n Easy Italian Style Pizza Sauce (115g)
- 1/4 tsp salt
- 1/4 tsp pepper, black
- 2 Tbsp cream cheese, softened
- 1/2 cup bell pepper, red, cut into strips
- 6 slices melting cheese, each cut into 4 squares

Preparation:

1. Sauté onion and beef for 5 minutes. Add DEL MONTE Quick 'n Easy Italian Pizza Sauce. Season with salt and pepper to taste. Cook with continuous stirring for 5 minutes or until slightly dry. Set aside.
2. Spread cream cheese on each slice of bread, then spread 1-2 Tbsp sautéed filling. Top with bell pepper and cheese. Toast or bake until cheese melts.

Chef's Tip

Before spreading, whip or cream the cream cheese that has been sitting at room temperature for 30 minutes. Creaming incorporates air into the cheese, making it easier to spread.

Lusog Notes

This recipe is a source of calcium which is essential for bone health and is important in nerve transmission.

Cooking Skills Needed

- Toasting
- Sautéing

Cooking Tools

- Chopping Board
- Wooden Spoon
- Oven Toaster