



Pork And Beans Squares Recipe

Preparation Time	15
Cooking Time	5
Serving Size	8

Ingredients:

- 1 pouch DEL MONTE Quick 'n Easy Italian Style Pizza Sauce (115g)
- 8 slices bread, white loaf
- 1 can pork and beans (230g)
- 2/3 cup carrot, shredded
- 1/4 cup bell pepper, green, diced
- 1 Tbsp breadcrumbs
- 1/2 cup melting cheese, grated

Preparation:

1. Pre heat oven to 350°F. Spread DEL MONTE Quick n Easy Italian Style Pizza Sauce on the bread slices. Top with remaining ingredients. Bake until cheese melts.

Chef's Tip

Do not substitute the melting cheese with regular processed cheese. Processed cheese does not melt and will only burn during prolonged baking.

Lusog Notes

This recipe is high in vitamin A that helps protect from infections by keeping skin and body linings in the lungs and gastrointestinal tract healthy. It is also a source of calcium which helps in keeping bones and teeth strong.

Cooking Tools

- Can Opener
- Chopping Board
- Grater