



## Pork And Beans Squares Recipe

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| <b>Preparation Time</b> | <b>15</b> |
| <b>Cooking Time</b>     | <b>5</b>  |
| <b>Serving Size</b>     | <b>8</b>  |

### 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