

Recipe Name	Vegetarian Pasta Bake		Food Groups per Serving	
Serves	50		Vegetables & Fruits	0.7
Serving Size	0.5 cup		Grains	0.5
Total Cost per recipe	\$23.85		Milk & Alternates	0
Total Cost per serving	\$0.48		Meat & Alternates	0.5
Costed July 20, 2010				
Ingredient	Amount Used in Recipe	Unit	Cost per Recipe	Cost per Serving
Noodles, dry	1.0	kg	0.550	0.011
Olive Oil	60.0	ml	0.340	0.007
Onion	2.0	ea	0.556	0.011
Carrot	8.0	ea	1.096	0.022
Garlic	30.0	ml	0.077	0.002
Basil, dry	15.0	ml	0.311	0.006
Rosemary	15.0	ml	0.219	0.004
Oregano	15.0	ml	0.365	0.007
Tomatoes, canned	3.2	l	9.608	0.192
Kidney beans, canned	2.2	l	5.256	0.105
Chick peas, canned	1.6	l	3.822	0.076
Parmesan cheese, grated	125.0	ml	1.647	0.033
1. In a large pot of boiling water, cook pasta until tender but firm; drain.				
2. At the same time, in a large saucepan, heat oil over medium heat; cook onion, carrots and garlic under tender.				
3. Drain off liquid from canned tomatoes.				
4. Add basil, rosemary, oregano and tomatoes, bring to a boil.				
5. Add beans, chick-peas and pepper to taste; mix gently and simmer for about 5 minutes.				
6. Add back tomato liquid until thick soup or stew-like consistency.				
7. Season with salt and pepper to taste. Serve in soup bowls and sprinkle with Parmesan cheese.				
Use fresh parsley to garnish.				
MSVU Child Care Centre Menu Plan Project			http://www.msvu.ca/menuproject/	