

Lasagna

Ground beef	454gm
Onions, chopped	2 pcs
Carrot	1 pc
Garlic	2 tsp
Tomato (28 oz can)	1 can
Tomato paste (5.5oz can)	1 can
Mushroom soup	1 can
Mushroom	200 gm
Chicken broth	1 cup
Basil	1 tsp
Oregano	1 tsp
Thyme	1 tsp
Whole wheat lasagna noodle	1 box
Mozzarella cheese, shredded	1 ½ cup
Parmesan cheese	½ cup

1. Put lasagna noodles in a large pot of boiling water
2. Cook for 12 minutes or until tender
3. Drain and rinse under cold water. Drain again
4. Heat oil a sauce pan, stir in onion, carrot & garlic, cook for a few minutes, add ground beef and mix well and cook for another 5 minutes.
5. Add tomato paste, tomato and herbs. Bring it to boil
6. Simmer for 20 minutes or until beef is tender
7. Combine mushroom soup, chicken broth and sliced mushroom and bring it to boil
8. Add half mozzarella cheese and Parmesan cheese. Mix well
9. Cover bottom of the baking dish with tomato sauce with beef. Add one layer of lasagna noodle, one layer of mushroom and cheese sauce, one layer of lasagna noodle, one layer of tomato sauce with beef, one layer of lasagna noodle, one layer of mushroom and cheese sauce
10. Top with remaining mozzarella cheese and parmesan cheese
11. Baked for 40 minutes or until hot

Chocolate Pudding

Cocoa powder	½ cup
Sugar	½ cup
Cornstarch	2 tbsp
Flour	1 tbsp
Milk	2 cups
Vanilla essence	½ tsp

1. Mix the dry ingredients in a saucepan
2. Add the milk and mix to dissolve the dry ingredients. Mix will
3. Heat mixture over low heat, and stir constantly or until thickened
4. Remove and add vanilla
5. Put it into the fridge for cooling

Mixed Salad with homemade vinaigrette

Lettuce	1 pc
Cucumber	1 pc
Tomato	2 pcs
Carrot	½ pc
Sweet corn	1 can
Red wine vinegar	3 tbsp
Balsamic vinegar	1 tbsp
Tomato juice	½ cup
Olive oil	1 tbsp
Lemon juice	2 tbsp
Mustard	2 tsp
L & P sauce	1 tsp
Basil	½ tsp
Salt, pepper, sugar	

1. Wash the vegetables , slice the cucumber and tomato, shred the carrot and gently tear the lettuce into large pieces
2. Place garlic, red wine vinegar, balsamic vinegar, tomato juice, olive oil, mustard, L & P sauce, basil, salt, pepper and sugar. Mix well