My Store-Cupboard Meal Ideas

Use the internet to research ‘Store Cupboard Meal Ideas’ Draw a picture of your meal in the box (or copy and paste from a recipe) and then write what ingredients you will need. You can use meals that are online or, if you’re feeling creative, you could change them a bit. This first sheet has my example on so you know how to set it out. Go to the next page for a blank copy.

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| Sausage & Lental CasseroleSausage and Lentil Stew with dumplings |  |
| Red lentils, vegetable suet, self-raising flour, frozen vegetables, marmite (or stock cube), vegetarian sausages, black pepper |  |
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