

Pasta Surprise

Ingredients:

- ◆ 1 box pasta (noodles, spaghetti, etc.)
- ◆ 1 - 24 oz Can or jar pasta sauce
- ◆ 1 - 14.5 oz Can diced tomatoes
- ◆ 1 - 15 oz Can corn
- ◆ 1 - 15.5 oz Can black beans
- ◆ 1 - 5 oz Can chicken, Vienna Sausage, or Spam
- ◆ 1 - 14.5 oz Can carrots or mixed vegetables



Directions:

- ◆ Boil about 1.5 cups water in microwave or on stove.
- ◆ Add 1/2 cup pasta & continue to boil for 8 minutes.
- ◆ Drain water from pasta & stir in 1/2 cup pasta sauce & 1/4 cup diced tomatoes.
- ◆ Stir in 2 tablespoons corn & 1 tablespoon black beans. You can also add some carrots or mixed vegetables.
- ◆ For chicken, rinse in cold water then mix with pasta.
- ◆ For sausages or Spam, cut into small pieces & mix with pasta.
- ◆ Microwave 1 minute.
- ◆ ENJOY!!