

ESSENTIAL STORECUPBOARD INGREDIENTS

The essential storecupboard foods to make cooking that little bit easier at university...

By [Grace Marsh](#), Editor (2014/15)
Friday 3 October 2014



Photo Credit: Kate Mitchell

<i>Minced garlic</i>	<i>Mixed herbs</i>	<i>Pasta</i>	<i>Worcester Sauce</i>
<i>Plain flour</i>	<i>Tomato Purée</i>	<i>Dried fruit</i>	<i>Thai green curry paste</i>
<i>Chopped tomatoes</i>	<i>Pizza base mix</i>	<i>Butter beans</i>	<i>Sweet chilli sauce</i>

Homemade pizza

Pizza base mix costs less than £1 and is a great way to use up things in your fridge. Simply combine the mixture with cold water, knead for 5 minutes and roll out onto a greased baking tray. Cover with chopped tomatoes, and your chosen toppings.

Spicy sausage and butter bean casserole

Fry onions and sausages in oil and put to one side. Bring a can of chopped tomatoes, 2 tbsp tomato puree, 300ml of stock, 1 tbsp worcester sauce and 1 tsp mixed herbs to the boil. Add the sausages and onions from earlier and a tin of butter beans. Season. Simmer for 20 minutes.



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