



Mediterranean Beans and Pasta

(should serve about 20 hungry chaps)

1-1/2 lbs onions, chopped

5 garlic cloves crushed

2oz olive or vegetable oil

2 tablespoons dried oregano leaves (or try parsley or anything in the cupboard)

2 red peppers chopped (or a tin of red peppers)

5 cans tinned tomatoes

Tomato puree, as little or as much as you like

1/3 cup light brown sugar, packed

5 tins of kidney beans (or any bean you prefer)

1lb chopped spinach

Salt and pepper to taste

3lbs of pasta, any shape will do

12oz cheese (feta is perfect, but any type will do)

a few hand fulls of pine nuts or chopped almonds to garnish

PREPARATION:

1. Sauté onion and garlic in olive oil in stock pot until tender, about 10 minutes. Add herbs, and red pepper, and sauté 1 to 2 minutes longer. Add tomatoes, tomato puree, and beans; heat to boiling. Reduce heat and simmer, covered, for 15 minutes, adding spinach during last 5 minutes of cooking time. Season to taste with salt and pepper.

2. Cook pasta according to package directions. To serve, spoon 1 cup sauce over 1 cup pasta on each plate; sprinkle each serving with 2 tablespoons feta cheese and 1 tablespoon pine nuts.